

BBC

good food

May 2017
DHS15 | QR15

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Middle East

International *indulgence*

Embrace global influence when
cooking this month

Foodie BREAKS ON A BUDGET

Lisbon, Budapest,
Athens & more

The SEASONING JOURNEY

Herbs, seeds, salt &
pepper – we cover it all



FLAVOURS OF THE WORLD



Mexican chipotle
cod tacos



Indian
tandoori trout



Atlantic
Canadian lobster



Arabic harissa lamb with
labneh & chickpeas

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J&G **STEAKHOUSE**

ALL THAT JAZZ

FROM FAMOUS SOCIAL-CULINARY DISTRICTS LIKE SMORGASBURG TO NEWCOMERS LIKE GOTHAM WEST, FOOD MARKETS ARE AS DIVERSE AS THE CUISINES THAT THEY HOUSE.

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Welcome to May!

This month at *BBC Good Food Middle East* is all about exploring global flavours and appreciating international culinary influence in the kitchen, as well as a look at inviting travel destinations from around the world, inspired by diverse foodie offerings.

Before firing up the stove, turn to page 53 to enjoy 'the seasoning journey'; a feature that details everything you need to know about fresh and dried herbs, salt and pepper, plus seeds and pastes – a flavoursome dish after all is born from a perfectly seasoned base. Once you've mastered the skill of seasoning, don't miss our feel good fish recipes on page 30 that tour Asia with punchy ingredients like ginger, hoisin and mango. Oily fish makes for great brain food too, so these family-friendly recipes are sure to help you add more to your diet.

Next up, enjoy the last of Spring's best seasonal produce from all corners of the world (*Season's best...from around the world, p44*), with recipes like harissa lamb, roasted aloo gobi, shellfish, orzo and saffron stew (pictured on the front cover), plus rhubarb, marzipan and citrus cake for those with a sweet tooth.

If you're looking for a place to escape the Middle East's heat, don't miss our travel suggestions from page 66 onwards. From Atlantic Canada's world-class seafood, ultra-local farmers' markets and excellent ice cream, to foodie breaks on a budget in places like Athens, Naples and Lisbon – I hope you're able to find a destination that takes your fancy!

At the end of May, we welcome the start of Ramadan with delicious Iftar and Suhoor offerings detailed across pages 14 – 16. Be sure to pick up a copy of next month's issue for gorgeous Arabic recipes to wow your family and friends with.

Wherever in the world your taste buds may lead you this month, enjoy the journey of flavour discovery!

Wishing you a magical May,



Sophie
Editor

WHAT WE'RE LOVING!



"These sesame tuna steaks with Asian slaw are tasty and low in fat," says sales executive, Liz.



Sales director, Michael says: "If you're looking for a meat-free alternative, try a dish of this miso roasted tofu with sweet potato!"



"I have such a sweet tooth and have to recommend trying these amaretti muffins," says graphic designer, Froilan.



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92 Dining vouchers, kitchen goodies and more up for grabs.

Our recipe descriptions

V Suitable for vegetarians.

🧊 You can freeze it.

❄️ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

🐷 Contains pork.

🍷 Contains alcohol.

*How
Gay*

*We love hearing
from you!*



BBC Good Food ME – thank you for your article about Kempinski MOE's Aspen Chalets. I have lived in Dubai for over five years and had no idea that such an experience existed here. Please keep the unique experiences coming. My husband and I love the recommendations!

Susan Barker



Thank you for your wonderful magazine, month after month. April's issue was highly useful for something as simple as pastry. Truly the star of the show, pastries are extremely filling, highly nutritious, and supremely delectable. Being a hardcore vegetarian, I've already tried out the pumpkin, fennel and taleggio galette – and it came out just perfect. A big thanks to Diana Henry for her brilliant recipe. No more huffing and puffing from now on! Thank you!

Srikanth Seshagiri



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER

I discovered BBC Good Food ME magazine in a salon, and loved it so much that I wanted to take it home, but thought I'd be depriving other salon customers of your awesomeness – from tips and healthy advices and plating ideas. Full of information and interesting articles. So, after the salon, I went to the supermarket nearby to find the magazine and there you were, standing out loud on the shelves amongst other magazines. The hot cross buns in your April issue were a hit, as I followed every step of your recipe and they turned out to be a huge success for my first attempt. Your line up of puff pastry came in handy for my mum's birthday. I felt I had to share my compliments to BBC Good Food ME, for compiling such amazing recipes. It's a beautiful editorial read, and now I turn to your Facebook page every day for recipes and ideas for busy people.



Rowena Conception Cardoz

TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



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SEVEN TIDES
HOSPITALITY

NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



LET'S GO SHOPPING



Pictured at the opening: Sunil Kumar COO, Spinneys; Philip d'Abo, Director Albwardy Group; Jannie Holtzhausen, CEO Spinneys; Rashed and Tariq Albwardy.

Representing the 26th Spinneys market store concept to open in the region, the popular food retail brand celebrated the launch of its new Mira Town Centre branch last month. Located on Al Qudra Road, the market shop expands Spinneys footprint to over 50 stores across the UAE and Oman, and comes as part of the company's goal to further their presence throughout this year. Open seven days a week from 8am until 11pm, the small format store will sell a wide range of food, including freshly baked breads and cake at the in-store bakery, plus a deli bar with vegetables, mixed salads, meats and cheeses. "All our meat is free of added hormones and we source our fruit and vegetables from Global GAP approved farms, ensuring reduced pesticide use, no GMOs, and social responsibility for growers and their families," Johannes Holthauzen, CEO at Spinneys Dubai confirmed.

PIZZA FOR CHARITY

As part of an ongoing community campaign, PizzaExpress has partnered with the Dubai Foundation for Women and Children (DFWAC): a charitable non-profit organisation dedicated to the rehabilitation of victims of domestic violence, abuse or human trafficking. As part of this collaboration, residents of DFWAC came together with the PizzaExpress team to create a limited-edition pizza for the new menu called the Melanzane Romana, topped with roasted eggplant, feta cheese, red and yellow peppers, mozzarella, passata, garlic oil and chilli oil, finished with wild rocket. For each of these pizzas purchased, Dhs10 will be donated DFWAC. For more information: pizzaexpress.ae.

THE BEST BITES

Ramadan gifting

If you're looking for something special to share with your loved ones this Ramadan, Bateel has launched a gourmet range tailored to the occasion. Drawing from its Arabic heritage, the brand's collection features products like a bespoke range of trays, hampers and hand-painted wooden gift boxes – available across Bateel boutiques in UAE, KSA, Kuwait, Qatar, and Oman in the build-up, and during the holy month. Inside, find delights like organic dates and luxury chocolates, date-infused sweets and savouries to finely crafted desserts. Prices start from Dhs100. The full collection can be viewed online at bateel.com.



Dubai's biggest ever brunch



Just when you thought brunch in Dubai couldn't get any more extravagant, Atlantis, The Palm reveals 'Cirque De Cuisine' – a new, one-night only, evening brunch concept combining nine culinary outlets. Taking place on May 18, 2017 the all you can eat and drink package starts at 7.30pm through to 10.30pm at The Avenues, followed by an after party at N'Dulge for those wishing to continue, all priced at Dhs595. The Avenues will transform to connect restaurants like Nobu, Bread Street Kitchen, Ronda Locatelli, Seafire and more. Expect a circus environment complete with street performers, jugglers, acrobats and a Champagne tower bar, as you hop from restaurant to restaurant. Early bird tickets start at Dhs595, with tickets on the door at Dhs650 thereafter. The price includes unlimited food and beverages from all outlets until 10.30pm as well as entry and a free-flowing bar in N'Dulge from 10.30pm to 11.30pm. Call 04-4262626.

Last Exit the third



Food trucks are taking the UAE by storm! Last month, Meraas revealed the opening of its third Last Exit location at Al Khawaneej, next to Mirdiff between Mohammed Bin Zayed Road and Emirates Road (Last Exit D89) – as part of the developer's plan to

see a total of 10 new Last Exit destinations created across Dubai by 2018 end. The unique food truck concept is home to the likes of homegrown Indian street food concept, Jaldi Jaldi, fried chicken house Hot Chix, and Latin American cuisine at Poco Loco.

While Last Exit D89 differs in style from the auto-themed Last Exit E11 on Sheikh Zayed Road, and the equestrian-themed Last Exit D63 in Al Qudra, the new food truck park in Al Khawaneej will offer the same gourmet street food around the clock. In addition to food trucks and services, the destination will double up as a venue for community events. There are also plans to add a homestead, a bakery, and indoor restaurants that will create a new centre for residents in the surrounding community. See lastexit.ae.

INTRODUCING Whey

This protein-rich by-product of cheesemaking and yogurt straining is having a moment. Whey has a milky consistency that adds a delicious richness to dishes, such as in this indulgent chocolate mousse – see recipe to the right.

Why we're eating it now

In the drive to use up leftovers, cooking with whey is the ideal solution to reducing the waste from cheese and yogurt making. It's also nutritional gold – as well as being very high in protein, it contains all nine essential amino acids.

Make your own

Heat 1 litre full-fat milk and a pinch of salt to 80C, then remove from the heat and add 20ml lemon juice or white wine vinegar. Stir gently for 1 min until the curd forms, then cover and leave for 1 hr. Strain into a bowl using a sieve lined with muslin.

Using this method gives you enough whey (the liquid in the bowl) to make the mousse on page 9, as well as having some beautiful homemade ricotta left in your sieve.

Elena Silcock

TRENDING



Watermelon juice

Beyoncé has been drinking watermelon, so now we all are. Set to be a big trend this year, you can buy Mello watermelon juice at Waitrose and Retro Feasts on JBR priced at Dhs25.

Food in a box

From meal delivery services like Deliveroo and Uber Eats, to groceries from farmbox.ae and fishbox.ae we're seeing a the trend for fresh and convenient ingredients become ever-more popular.

gf barometer

Phones at the table

Last month, Kaspar's restaurant at The Savoy, London, asked Valentine's Day guests to hand in their mobile phones, making them look at their date, rather than their screen. Great idea.

Cod

Could your cod & chips be replaced by squid & chips? Warmer seas are affecting cod and haddock populations, but we're seeing more squid.

Sliced bread

Although it's still a favourite for a bacon sarnie, sales of sliced white bread have dropped by 11% in the past five years.

DESCENDING



Whey chocolate mousse

MAKES 6 **PREP** 15 mins plus 3 hrs chilling **COOK** 5 mins

2 gelatine leaves
160ml whey
200g dark chocolate (70%), melted (save a chunk for shaving over)
300ml double cream

1 In a small bowl, soak the gelatine leaves in cold water.

2 In a small saucepan over a medium heat, warm the whey until steaming. Squeeze the sheets of gelatine and add to the whey, stirring until they have completely dissolved. Leave to cool slightly.

3 Add a splash of the whey mixture to the melted chocolate, mix thoroughly, then continue to gradually combine the two. The mixture should be very glossy.

4 Whisk the cream to medium peaks. Add a spoonful of the cream to the chocolate mixture and stir well. Fold in the rest of the cream, working quickly. Spoon into dessert glasses and chill for 3 hrs. Serve each one with a large pinch of sea salt and some chocolate shavings sprinkled over.

PER MOUSSE 449 kcals • fat 41g • saturates 25g • carbs 14g • sugars 10g • fibre 4g • protein 4g • salt 0.9g



HEALTH NEWS

Artificial sweeteners

Artificial sweeteners may help cut calories, but the sweet taste still encourages sugar cravings and dependence. Sweeteners have also been linked to higher rates of infertility in women, as well as weight gain.

In addition, experts believe that sweeteners aren't very satisfying because our bodies are wired to seek calories over taste, so no matter how much we consume, we still crave energy.

The answer? Gradually reduce your intake of sugar and sweeteners, allowing time for your palate to adjust. If you absolutely must have a sweet taste, opt for a naturally sweet food like a banana or a baked sweet potato.

Books for cooks



Home Cook by Thomasina Miers (Dhs120, Guardian Faber)

Thomasina brought authentic

Mexican food to the UK – however, her new book moves away from tostadas and tacos (although there are a few Mexican staples). Instead she focuses on fuss-free food with bold flavours, from Sichuan aubergines to Thai green sea bass with galangal, lemongrass & coconut. Every recipe includes an idea for reusing ingredients too.

Our must-try recipe Beef rendang with cucumber relish



I Love India by Anjum Anand (Dhs95, Quadrille)

The BBC chef shares her favourite authentic Indian

recipes. The dishes span the whole country, from Punjabi-style paneer in the north to Kerala coconut-based fish curries in the south. Crammed with personal anecdotes, beautiful photographs and a wealth of information on regional Indian cooking, this is an essential book for curry fans.

Our must-try recipe Rajasthani chickpea dumpling curry



The National Trust Family Cookbook by Claire Thomson (Dhs95, National Trust)

This is a lifesaver

if you're in a recipe rut when it comes to family meals. Claire believes in cooking one meal for the whole family, and vegetables are often the focus. Chapters are divided into time frames, so whether it's a chard & leek frittata ready in 10 minutes or a slow-roasted lamb shoulder with beans, rosemary & garlic, there are recipes for every eventuality.

Our must-try recipe Broccoli, feta & filo pie

PASTA MAKERS

Skinted

Marcato Atlas 150 pasta machine, Dhs409, desertcart.ae

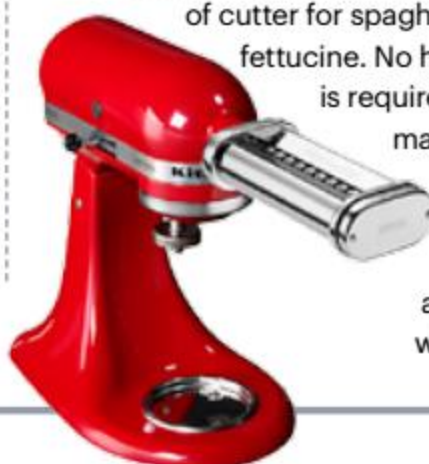
When you think pasta, you think of Italy, so it's no surprise that this Italian pasta maker comes highly recommended. Built with anodised aluminium alloy rollers to ensure no harmful metals are released onto the dough, the machine is very sturdy, easy to use and durable.



Minted

Kitchen Aid three-piece pasta attachment set for stand mixers, Dhs884, Tavola stores across the UAE

Not strictly pasta makers, these are attachments for Kitchen Aid mixers. Along with a pasta roller with eight adjustable thickness settings, there are also two types of cutter for spaghetti and fettucine. No handle-turning is required, as the machine powers the rolling, meaning both your hands are free to work with the pasta.





FAMILY TIME

How diet can help to calm hyper kids

Start with breakfast Lower-GI foods can help to keep blood sugars steady. Great options include Weetabix with milk & sliced banana, porridge cooked with fruit, or boiled eggs with wholegrain toast.

Up their iron A lack of both iron and zinc can affect kids' behaviour. Improving zinc levels in children with ADHD has been shown to reduce symptoms of hyperactivity. Get them to eat more dark green, leafy veg, beans, lean red meat and wholegrains.

Feed them fish Oily fish contains beneficial fatty acids, which positively influence brain function. If you can, aim for one portion of white fish and one portion of oily fish, like salmon, every week.

Cut the additives Some processed foods, like soft drinks, cakes, sweets and ice cream, contain colourings that have been linked to hyperactivity in children with ADHD. A few to look out for are E102, E104, E110, E122, E124, E129 and E211.



HOT RIGHT NOW

Unicorn food

The trend that won't go away. Love it or hate it, unicorn food is here to stay. Get the look by adding multicoloured sprinkles, food colouring and glitter to cupcakes, hot chocolate and even (terrifyingly) grilled cheese.

Visit bbcgoodfoodme.com for our white chocolate unicorn bark, with unicorn hot chocolate and unicorn cupcake recipes coming soon.

MENU DECODER

Nordic

Each month we explore a restaurant trend, highlighting the key dishes and ingredients. This month, Aquavit, which delivers a contemporary take on Nordic cuisine, with menus developed by chefs Henrik Ritzén of Aquavit London, and Emma Bengtsson of the two-Michelin-starred Aquavit New York.

Aquavit A traditional spirit that is drunk across the Nordic region. It gets its distinctive flavour from spices and herbs – primarily caraway or dill.

Brantevik herrings Pickled herrings are much celebrated across the Nordic region but rarely eaten in the UK. Brantevik-style means with sliced onions and a sweetish vinegar.

Horseradish Eating fresh horseradish with fish is a tradition in Sweden.

Jansson's temptation A traditional Swedish dish of potatoes, onions, sprats, breadcrumbs and cream, baked in the oven. It is commonly served at celebratory dinners such as Christmas

and Easter. There are conflicting stories about the origins of the dish. Some think it was named after a Swedish opera singer named Pelle Janzon; others that it was named after a 1928 Swedish film called *Jansson's Frestelse*.

Kroppkakor At Aquavit, the potato dumplings (below) are filled with wild mushrooms.

Smörgåsbord Small plates. Either eaten singly as a snack or as part of a sharing meal.

Swedish meatballs Probably the most iconic Swedish dish, served in the traditional way with mashed potato, lingonberries and pickled cucumber.

Vendace roe This roe from a freshwater fish is served with a simple garnish at Aquavit to showcase its unique flavour.





Amwaj
Rotana

Jumeirah Beach – Dubai

Live to Eat

When in Rome, do as the Romans do... eat!

Rosso at Amwaj Rotana serves hearty and unpretentious Italian cuisine in an atmosphere of casual elegance. Think fresh ingredients, homemade pastas, wood-fired pizzas and an extensive selection of grape beverages from the world's largest producer – Italy.

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rotana.com

Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

Waka, The Oberoi, Dubai

This newly opened eatery offers a fusion of Latin American flavours combined with Japanese seasonings, using French techniques. Under the direction of executive chef, Roberto Segura, the menu presents an array of dishes, including the likes of hot rock ceviche and beef pachamama. Divided into two areas – the main restaurant seats up to 90 guests, and the Chef's Bar seats up to eight. Call 04-4441455.

Zahira, H Hotel

Expected to open doors this month, chef Greg Malouf's latest project promises a stylish take on traditional Middle Eastern dishes. The menu presents Levantine dishes as artistic expressions, outlined as the 'Art of Mezza', 'Art of Sharing', 'Art of the Garden' and 'Art of Sweet Design and Tradition'. Expect dishes like salmon kibbeh, duck bisteeya, wagyu basturma, and seven vegetable tagine. The venue is described as a vibrant destination for generous dining and indulgent cocktails with every dish reflecting the flare and flavour celebrated across the Levant. Call 04-5018606.

Bianca, The Beach at JBR

Representing its second venue launch in Dubai, Bianca offers an authentic Italian culinary experience with seafood dishes, pizzas and Neapolitan street food. Known for its fresh and locally produced mozzarella and burrata, Bianca's menu comprises traditional Neapolitan recipes with a strong focus on freshness, quality and authenticity. Must try dishes include the 'spaghetti alle vongole' and 'scottata di tonno', a gently baked yellowfin tuna with a pistachio crust. Bianca's first venue is located at Box Park. See bianca.ae

Veri Peri, Copthorne Hotel Deira

For the first time in the UAE, authentic Portuguese quick-service restaurant has opened doors. Originally launched in the UK, Veri Peri serves favourites from Portugal including the traditional chicken espetada, Veri Peri sizzling steak and the traditional cataplana, plus much more – including a vegetarian menu. Veri Peri serves its own range of Veri Peri sauces, from spicy to flaming hot, including garlic, lemon and herb, plus lime and coriander variants. Now open in Deira, Dubai and will open its second branch in Motor City this month. Call 04-2638638.

Waka, The Oberoi, Dubai

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

One Life, D3

One Life, the homegrown concept that launched in March 2016 has revealed that it's extending its hours till 10pm every day to welcome a dinner concept. Dishes on the menu explore flavours from India to Mexico with some European offerings in between. "We're all about using good ingredients to make good food, and our objective with this menu is to surprise and delight our customers with the intensity and diversity of flavours on offer, as well as to prove that you can have a great dining experience in a casual environment" says head chef, Kelvin Kelly. One Life will also continue to serve breakfast and lunch. Call 04-5134727.

Trader Vic's, Crowne Plaza Dubai

Last month, this iconic eatery re-launched, debuting its newly refurbished interiors. Since it first opened doors in 1994, Trader Vic's at Crowne Plaza Dubai has consistently offered a warm escape from the city's hustle and bustle. Inside, delight in an exotic ambiance and authentic Polynesian décor where the walls are wrapped in handmade tapa cloth from the island of Tonga, carved Marquesan tikis and tribal masks from Papua New Guinea. The new interiors also boast seating with contemporary fabrics and carpet designed exclusively for Trader Vic's. Known for its hearty, value for money offering, Trader Vic's at Crown Plaza Dubai is somewhere to visit for a great time this month. Call 800-276963.

Khayal Restaurant, Marriott Hotel Al Forsan

Doors have officially opened for Friday brunch at the cosmopolitan Khayal Restaurant, Marriott Hotel Al Forsan, Abu Dhabi. Every Friday between 12.30pm and 4pm, enjoy an afternoon of fun and feasts at the brand new brunch in the heart of Khalifa City A. Brunch here features an open plan kitchen with a variety of international dishes. With 15 cooking stations, six of them being live and interactive. Delight in dishes like handmade pasta and pizza, meats such as US angus rib eye and wagyu beef tenderloin, plus seafood delicacies like Scottish salmon and tiger prawns. There'll also be Indian delicacies including Punjabi butter chicken,

traditional dum biryani and freshly cooked skewers from the tandoor clay pot oven – plus much more. With live entertainment from the band, brunch here also provides a host of activities including face painting, a bouncy castle, and a customised kids buffet station. Priced at Dhs199 with soft beverages, Dhs299 with house beverages and Dhs499 with bubbles. Children 6-13 priced at Dhs75, and under 6 are free. Call 02-2014000.

Hard Rock Café Dubai, Festival City

Hard Rock's World Burger Tour is back in town, and is ready to take you on an international culinary adventure. From May 1 to June 25, Hard Rock Café Dubai will showcase a variety of burgers, inspired by the taste and flavours from café locations around the world. Over the past year, more than 160 local burgers were evaluated by Hard Rock's culinary team with crowd favourites added to the 2017 World Burger Tour lineup.

Throughout May, the Hard Rock Café Dubai menu will feature the following World Burger Tour offerings: the 'Olé Burger' (Barcelona, Spain) – a fury of red peppered Romesco sauce, roasted vegetables, with goat cheese crumbles and arugula, dancing on a Certified Angus Beef patty between a toasted bun. The 'Atomic! Burger' (Las Vegas, United States) - Atomic fried onions and jalapeños, tomato, arugula, and pepper jack cheese on a toasted

brioche bun; smothered in sriracha mayo and stacked with two atomic beer battered peppers for a fiery finish. The 'Spinach and Chickpea Burger' (New Delhi, India) – a vegetarian, house made patty, of red skin potato, spinach, chili peppers, cilantro, chickpeas and spices, topped with arugula, tomato, cucumber and a spiced yogurt sauce. Plus, the 'When In Rome Burger' (Rome, Italy) – dine as the Romans dine with garlic aioli, crisp arugula and ricotta cheese spiked with sun-dried tomatoes atop a Certified Angus Beef patty on a toasted bun.

To find out more about Hard Rock's World Burger Tour, visit hardrock.com/dubai. Call 04-2328900.





➤ The Copper Lobster, Fairmont Fujairah Beach Resort

Debating as the recently opened Fairmont Fujairah Beach Resort's signature restaurant, The Copper Lobster is inspired by regionally caught lobster, with its unique glow like copper. Offering a local seafood menu in a nod to the Emirate's seafaring history with a nautical theme throughout, the restaurant serves up a daily fresh-catch menu. Signature dishes include the Fujairah clay pot harra lobster with spiced tomato sauce and The Copper Lobster smash bucket; an array of king crab, crayfish, lobster and blue crab poached in an aromatic spiced broth served with corn, shallot onion and potatoes. Call +971-9-2041111.

➤ La Serre Bistro, Downtown Dubai

A French favourite in the city, Le Serre Bistro has launched a new a la carte menu. Created by La Serre's head chef, Stephane Cocu, the new line-up represents the best of French-Mediterranean cuisine and includes a selection of seafood, truffle dishes and delicate risotto. In addition to eight new dishes, the menu also sees the addition of five desserts. Highlights include starters like a light tarte tatin de tomate; zesty grilled octopus, olive caramel and citrus salad and a wholesome quinoa salad. Mains of classic risotto a l'orge and delicate turbot sauvage, plus desserts of chocolate soufflé accompanied with chocolate sauce and banana ice cream, and decadent dolce and orange fondant served with spicy ice cream. Call 04-4286969.



➤ JB's Gastropub, Amwaj Rotana

A new weekly Butcher's Night has launched at JB's Gastropub, and takes place every Tuesday. Appealing to meat lovers, the new theme night features a butcher's block of varying meats together with sides and condiments. Great for sharing, there are options with and without drinks for two or four people. Meats on the menu include BBQ lamb chops, hot zesty chicken wings, Korean-style sticky beef short ribs and a 300g Australian ribeye steak – all served alongside corn on the cob grilled in the Josper oven, charred Padron peppers, sweet potato fries, Argentinian chimichurri sauce and classic peppercorn sauce. Starting from Dhs219 for a sharing platter between two, guests can also opt to include a bottle of house grape or bucket of four selected brands of hops for an additional Dhs100. Those coming as a bigger group of four can opt for the sharing platter at Dhs399 for food only. This new theme night will replace the weekly 'Cheese & Vine Night' at JB's Gastropub. Call 04-4282000.

➤ The Croft, Dubai Marriott Harbour Hotel & Suites

Boasting views over Dubai Marina, The Croft has launched a new Friday lunch promotion focusing on classic British dishes cooked with a modern twist and the very best of home-grown, local produce where possible. Opt for a two or three course lunch, with starter options including goat's cheese salad, mushroom hash, coddled egg and tempura cauliflower while mains feature grilled BBQ chicken, The Croft burger, fish and chips, or mushroom risotto. For dessert, indulge with chef Darren Velvick's personal take on the traditional Eton mess, peanut choc-ice, puff buns and vanilla cheesecake. The menu is ever evolving so be sure to keep a close on the website so as not to miss out on the latest dishes added. Available every Friday from 12.30pm – 3.30pm, starting from Dhs99 per person for two courses and from Dhs129 for three courses. Beverages are at Happy Hour prices which run from 12.30pm until 8pm. Call 04-3194794.



Ramadan
is expected
to start on
May 27

➤ Andalucia, The St. Regis Dubai, Al Habtoor Polo Resort & Club

Beat the heat and escape to Andalucia restaurant at The St. Regis Dubai, Al Habtoor Resort & Polo Club this Ramadan. Delight in a buffet spread that includes Arabic and Mediterranean delicacies and be serenaded by the sounds of the live Oud player. Ramadan tents will be set up by the pool so you can order drinks and sheesha in a relaxed setting. For Suhoor, an a la carte menu and shisha will be available at the Equestrian Lounge. Iftar from sunset to 9pm daily and Suhoor from 9pm to 1am daily and weekends until 2am. Iftar buffet is priced at Dhs175 per person, children aged six to 12 years are half price and children below six years eat for free. Call 04-4354400

➤ Seasonal Tastes, The Westin Dubai, Al Habtoor City

Gather with family and friends this Ramadan at Seasonal Tastes, where resident chefs will be on hand to cook up a storm at the live cooking stations and you will be treated to a vast array of tasty appetisers, traditional hot and cold Arabic mezze platters, as well as fresh salads and seafood. For main course, dishes will include an Arabic section featuring manakeesh and lamb ouzi, plus made to order noodle dishes from the noodle station, Indian tandoor delicacies as well as succulent roast beef, chicken and lamb. Those with a sweet tooth can enjoy the exclusive signature date and baklava desserts along with traditional Arabic delights such as umm Ali and freshly prepared kunafe. To top it off, the fresh juice station will be preparing unique limited edition date smoothies and fresh date juice. Iftar will be available from sunset to 11pm daily, and is priced at Dhs185 with soft beverages, and Dhs95 for children 5-12 years, while under 5 will eat for free. Call 04-4355577.



➤ **Asateer, Atlantis, the Palm**

Atlantis, the Palm's official Iftar will be hosted in the glamorous Asateer tent. Priced at Dhs210 you can enjoy an Iftar buffet from sunset until 8.30pm. At a minimum spend of Dhs195, excluding shisha, the Suhoor a la carte menu will be on offer from 9.30pm until 3am. The evening will be kept alive with bespoke Ramadan entertainment until 3am. Admittance to Suhoor will be only for 21 year olds and above and shisha will be available for guests to enjoy for Dhs95. Call 04-4261000.

➤ **Jean-Georges Dubai, Four Seasons, Jumeirah 2**

This Ramadan, Jean-Georges will offer a menu with a selection of starters, choice of one main course and a variety of desserts. With seating available out on the terrace area or within the vibrant restaurant you can also choose to select dinner from the a la carte menu during the holy month. spend your family time dining from the a la carte menu. Iftar is charged at Dhs195 per person. Call 04-3436118.



➤ **Les Cuisines, Sofitel Dubai Downtown**

Delight your tastebuds with traditional Arabic and French cuisine this Ramadan, and enjoy appetisers such as hot and cold mezze platters, fresh salads and soups. For main course, sample dishes from the far corners of the world with highlights including the live shawarma station, lamb tajine with prunes and sesame seeds, chicken curry and the Arabic mixed grill. Those with room for dessert can sample treats such as seasonal fruits, chaibeyat pistachio, aish boul boul, dates and umm ali – all available until from sunset to 8.30pm daily. Priced at Dhs195 with soft drinks and Ramadan juices. Children between 6 and 12 years will get a 50% discount and children under 5 years can eat for free. Call 04-5036666.

➤ **Abyat, Club Vista Mare**



Breaking fast while watching the sun set from Club Vista Mare's beachside strip. In true Lebanese hospitality, food will be served to the table, and the menu will feature a variety of daily cooked specials as well as everyday household favourites. Two freshly made soups will be available each day, as well as hummous, fattouch, batata harra (spicy potato cubes) and warak ennab (stuffed vine leaves), plus generous sharing platter and more. Priced at Dhs149 for all-inclusive Iftar with soft beverage, or Dhs189 including shisha as well as F&B. Call 04-5588428

➤ **Brasserie 2.0, Le Royal Meriden Beach Resort & Spa**

During Ramadan this year, feast on a buffet selection that includes over ten live cooking stations, offering traditional Arabic cuisine as well as dishes from the far corners of the world. Enjoy traditional hot and cold Arabic mezze platters, as well as fresh salads, soups, sushi and sashimi. For main course, highlights include the shawarma station, the al fresco charcoal grill, tandoor oven and plancha grill. Those with room for dessert can enjoy traditional Arabic and Turkish favourites such as umm ali, kunafe and fresh cakes and pastries, all while being entertained by a traditional Oud and Tabla duo. Priced at Dhs215 with Arabic juices and soft beverages, children aged 5-12 years will get 50% off, with children under five complimentary. For groups of 20 or more, the Iftar is priced at Dhs190 per person. Call 04-3165550.



➤ **Rüya Dubai, Grosvenor House**



Celebrate Ramadan with an array of Anatolian style dishes to be shared and enjoyed with family and friends. For the entire month, enjoy a dining experience that starts with dates and a hearty soup, followed by cold and warm starters such as muhammara, citir kalamar, börek and pide. The journey continues by choosing a main course from the a la carte menu designed by executive chef Colin Clague, before concluding with a selection of sweet Turkish treats. The bespoke Ramadan menu will be served daily for Iftar (from sunset to 9pm) and will be priced at Dhs195, while the regular a la carte menu will be available subsequently. Call 04-3999123.

➤ **Anise, Intercontinental Dubai Festival City**

Share a truly global culinary experience with family and friends this Ramadan with the Iftar edition of Tastes of the World, with a myriad of cuisines from Middle Eastern to Asian to Mediterranean, served over eight live cooking stations. Available daily, throughout the month of Ramadan, from sunset to 10pm, Iftar is priced at Dhs215 per person, and Dhs106 for children 6 – 12 years. Call 04-7011098.

➤ **Marina Social, InterContinental Dubai Marina**

For those who are looking to enjoy a relaxed fine dining experience with the stunning views of the Dubai Marina, Marina Social is open to serve signature dishes every day of the week during Ramadan. Starting from 7pm each day, the offering will be priced at Dhs150 for a two-course set menu or Dhs195 for a three-course set menu. Call 04-4466664.

➤ **Constellation Ballroom, The Address Dubai Marina**

Mark the special season with nothing but the best of traditional hospitality that celebrates rich Arabian heritage with a touch of modern style. Enjoy the stylishly elegant setting of the contemporary Constellation Ballroom, seating up to 420 guests, on the fourth floor of The Address Dubai Marina. Traditional in theme and lavish in diversity, the grand Iftar buffet features an extensive selection of Arabic and International favourites, live stations, a variety of authentic sweets and desserts, and the refreshingly tasty Ramadan juices. As a special treat, chefs will also present authentic Emirati dishes such as lafayef khoboz falazi, robyan mashwi, rekat deyay and a range of traditional Emirati desserts such as leqaimat, which will rekindle the memories of childhood. A live oud player will add to the authenticity. From sunset to 9pm daily, the Iftar buffet will cost Dhs220 per person. Call 04-4367777.



➤ **Kuzbara, Marriott Downtown Abu Dhabi**

Share the ceremonial breaking of Ramadan's daily fast with loved ones in a relaxed, family-friendly setting of Kuzbara. Located in the heart Abu Dhabi, Kuzbara offers a traditional Iftar buffet with daily changing specials alongside live cooking stations. After Iftar enjoy a breeze on the rooftop where different flavours of bubbly will be served. Looking out over the Abu Dhabi skyline, enjoy an array of Ramadan sweets complemented by a selection of teas and Arabic coffee. A Suhoor set menu will be served daily from 11pm to 2am. Iftar at Kuzbara is priced at Dhs165++, and for bookings before May 11 there will be a 30% early bird discount. Call 02-3047777.

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Tried & tasted

Each month, we review two of the city's top tables.



Reviewed by **Sophie McCarrick**
Editor of *BBC Good Food Middle East*,
lover of all things food and a keen
seeker of new dining experiences.

Where?

EL CHIRINGUITO DUBAI, RIXOS THE PALM

Dining experience: 'La Famillia'

Saturday brunch

What's it like?

Relax in a haven of Mediterranean charm at the recently opened El Chiringuito Dubai beachside venue, which incorporates a beach and pool club, restaurant, bar and a fully supervised 'Little Chiringuito' area dedicated to children. It's family-friendly, however, we're informed that Fridays transform the venue into more of a party hangout, with DJs and live performances. We visited on a Saturday and the vibe was very laid-back and chilled. With mellow old school beats playing in the background, the venue is cool and offers skyline views of The Palm Jumeirah and Dubai. The décor is chic and very pretty, with lots of greenery and tropical white flowers that adorn a light wood frame above the seating area.

What are the food highlights?

Saturday brunch is served from 12 – 4pm each week and you can opt to sit at the decked restaurant terrace where you'll be shaded from the sun, or out in the lounge area. In true Spanish style, the experience starts with a jug of sangria. The brunch menu allows you and your dining party to enjoy an array of starters to share, while there is a selection of dishes for you to



choose a main from each. For dessert, it goes back to sharing style. Highlights include starters of tuna tartare served atop a creamy coriander-infused avocado paste, and the octopus a la gallega, which is generously sliced pieces of octopus laid on a bed of paprika sprinkled potatoes and finished with olive oil and rock salt. As for mains, the seafood paella is a must (what's a Spanish meal without it?), and the cotoletta alla Milanese that came succulent and lightly crusted. What I liked most about the food selection here is the attention to cooking light. When sat by the pool in beachwear with the sun beaming down, El Chiringuito ensure dishes are kept refreshing, digestible and enjoyable.

How was the service? Staff here are friendly and exude calm – it's rather hard not to be chilled out in such relaxing surroundings.

The bottom line: El Chiringuito is a great place to enjoy a relaxing Saturday afternoon with family or friends. After brunch, head down to the beach or chill by the pool on a Bali bed listening to a DJ while the sunsets. For kids, there's arts and crafts available all day to keep them occupied.

Want to go? Brunch is priced at Dhs395 for food, soft drinks and beverages, Dhs495 including food, hops and grape, Dhs595 including food and premium bar, or Dhs695 including food, premium bar and bubbles. Call 05-44496464 | 04-2779180 or e-mail reservations@elchiringuito-dubai.com.



Where?

NOIRE, FAIRMONT DUBAI

Dining experience: Dinner in the dark

What's it like? If you're looking for a dining experience that shakes things out of the ordinary, dining in the dark (pitch-black) at Noire is definitely one of the most unique culinary adventures I've been on. It all begins at a reception outside of the restaurant, where you gather with other diners. The team requests that everyone participating arrive at the same time, to minimise distribution to lighting whilst in 'the dark room'. Here, night vision equipped waiters provide a briefing of what's to come and then proceed to take guests in small groups to the dining room. With hands on my partner's shoulders in front of me, we're led by our waiter to the table.

At this point, I must admit I'd expected there to be a glimmer of light in the room, or at least be able to make out shadows, but it was truly pitch-black and I couldn't see a thing. Feeling quite giddy and excitable about the whole process, I feel around to find my chair before sitting (it's harder than it sounds). Once seated, momentary panic set in for me – where my dining partner on the other hand couldn't stop giggling. For the first time in life, I'd completely lost my sense of vision, and to begin with found it all a bit unsettling. This quickly changed once the food arrived. The guessing game then begins as a dish sits in front of you. Firstly you have to locate it, successfully scoop food onto your fork (I had a fair few spoons of nothing – again, it's harder than you think), and then it's over to your taste buds to guess each ingredient on the plate. Once you've polished dinner off, you're led back into the reception area where you can see the dishes you've eaten. You can also put on a pair of night vision goggles!

What are the food highlights?

When it comes to food, while I can tell

you that each of the three dishes were wonderfully flavoursome and versatile, I can't say much more. The whole desire and objective behind 'dining in the dark' is the fun of guessing what you're eating. More than any other dining experience, Noire takes your senses of taste and smell on an adventure. You may even find yourself trying and liking things you perhaps wouldn't usually have eaten.

How was the service? The service team at Noire were incredibly helpful. During my moment of feeling unsettled, they were on hand to make sure I felt reassured and at ease in the dark.

The bottom line: A fantastic dining experience to take you out of your comfort zone. Somewhere to head for an exciting date night with your other half, or with a group of friends to celebrate a special occasion and enjoy a few laughs. We were informed that there's also been a few proposals at Noire. Imagine the lights turning on and your other half being down on one knee – you'd never see it coming, literally!

Want to go? Dhs325 for three-courses with grape pairing. Call 04-3118316 or e-mail dbi.fbconcierge@fairmont.com.



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World-class **Peruvian**

Taking Peruvian cuisine to new heights, chef Virgilio Martinez makes his UAE debut to launch Lima Dubai at City Walk. As chef-owner at Central Restaurante in Lima, Peru, which ranks fifth on The World's 50 Best Restaurants List, Virgilio is an advocate for Peruvian around the world – and was chosen as this year's recipient of the coveted Chefs' Choice Award 2017. He has a Michelin star to his name, is a leading star on the popular Netflix series, Chef's Table (season three), and at present is easily one of the world's most accomplished culinary talents. We caught up with him to learn all about the new opening, and check out the food on offer. **By Sophie McCarrick**



Abundant with Latin American charm and vibrancy, Lima Dubai is sister to London-based, Michelin-starred Lima Fizrovia and the city's second branch, Lima Floral.

In its first venture outside of the UK, Lima Dubai is situated in the beautiful Fine Dining Courtyard of City Walk – representing the first of four restaurants in that square to open. Unique to elsewhere in Dubai, the fully licensed F&B offering here is detached from any hotel, and the vibe is great!

Spread across two floors, the new eatery comprises a multi-level restaurant with ceviche counter, upstairs bar (a must-visit for pisco sour cocktails!) and outdoor terrace. Inside it's stylishly rustic, warm, inviting, and colourful paintings adorn the walls.

The menu here is all about authenticity and staying true to Peru's nature across the regions, which is rich in unique flavours, diversity and culinary history – each dish comes with a fascinating story.

While the selection of food ranges everything from tiraditos (thin slices of raw fish, seafood or vegetables with *leche de tigre*), and ceviches, to *causas* (flavoured Andean potatoes topped with varied ingredients like king crab and beef tartare), *anticuchos* (grilled Peruvian bruschetta marinated with *aji panca*) plus varied salads and mains – we definitely had a few favourites from the impressive menu.



Food highlights at the restaurant included the scallop ceviche, which was perfectly balanced – often ceviche can be a little too tangy or acidic, however, here the dish offered a great blend of limes and subtle spice, next up the lobster tiraditos served with avocado paste, red onions and *Rocoto* tiger's milk is a must. The succulent braised octopus served atop a creamy potato purée is hearty and intriguing, while the tenderloin *anticuchos* is a tender dream. The main portion of wagyu sirloin (+8) melts in the mouth and comes served with complimenting cassava purée. On the side, the 4,000m dried potatoes are really



interesting (don't worry, they're not really dry – it all comes down to how they were grown in Peru).

What struck most about Lima's menu was the attention to proudly showcasing indigenous sourced ingredients from Peru – it's unique, innovative and presents produce you'd never usually see on menus throughout Dubai. And secondly, the presentation of dishes. Everything was beautifully served and came picture-perfect



Meet Gabriel & José-Luis Gonzalez

LIMA partners, brothers and an integral part in creation of the concept.

In a nutshell, what is Lima's concept all about?

The concept behind Lima is about the Peru's biodiversity, represented by its three main regions: the Andes, the Amazon and the Pacific Coast. In addition, Peru's gastronomy is well known for its mix of cultures that have migrated to Peru throughout the centuries – Japanese, Chinese, and Italians, among others. All of this blends together in the capital Lima, where inspired chefs have translated this into beautiful culinary creations. We wanted to bring this to London, and that's how Lima in London was born in 2012.



At Lima Dubai the same idea applies, we want to bring a piece of Peru's culture into Dubai.



How will Lima Dubai's offering fare when compared to your London outlets – can diners expect the same menu and atmosphere?

The menu has been created specifically for Dubai. Yes, there are some similarities for sure in terms of the structure of the menu and we also are bringing some of London's signature dishes.

But we also wanted to create something unique to Dubai, always thinking of adapting the offer to the local market. We personally love the Dubai menu!

For our readers visiting Lima, which dishes 'must try' dishes would you recommend?

I think the ceviches are a must, the salmon one is delicious. Then the king crab causa is also quite tasty. Then as a signature dish the braised octopus that we have served in London since we opened and people love it. And finally, one that is unique to Dubai is the Wagyu as a main which is to die for!

(Instagram at the ready). For dessert – if you have room – the four textures of chocolate is scrumptious, however, very filling and big enough for two.

The menu is very sharing-style friendly, and at around Dhs500 for two (without drinks), for a wide range of dishes, Lima is well priced and the food is of high quality.

Talking to the man behind it all, here's what chef Virgilio had to say....

How did it all start in the kitchen for you?

I wanted to travel and explore the world and working in kitchens allowed me to do this. It was on this journey I discovered my passion for cooking.

You're in Dubai to oversee the opening of your new restaurant Lima. What attracted you to launch in Dubai of all places?

The melting pot of cultures and the fast growing and developing food scene.

Tell us a little bit about the restaurant. What can we expect?

Authentic Peruvian cuisine served with passion. A restaurant buzzing with a laid-back atmosphere, where ambience and service is just as important as the food we create.

DON'T MISS LIMA'S LUNCH OFFER!

Daily from 12 – 4pm for Dhs120 enjoy three courses with an option of white, red, half pint of Peroni or a soft drink.

How it works

Choose one dish from each of the course options below:

First course

- Lima pumpkin soup
- Soltirito salad

Second course

- Hot chicken ceviche
- Traditional ceviche
- Salmon causa

Third course

- Lomo saltado
- Chaufa chicken rice
- Salmon Nikkei



With your various other restaurants around the world, included the world renowned Central in Lima, Peru, how often will diners find you visiting the outlet here?

I will be in Dubai around three times a year, if not more...

Where are you sourcing your ingredients from?

Where possible we are using small Peruvian producers that I have worked with for years, as well as some global suppliers.

In your opinion, what's are the most interesting dishes on the menu at Lima Dubai?

The hot ceviche, sautéed veal sweetbread, and the 3500m tubers with hot rocoto tiger's milk.

What's your take on the Middle East's food scene? Do you think Peruvian food is authentically represented here – there's quite a few Peruvian restaurants opened here in the last couple of years...



The mix of culture provides a great platform to develop the food scene in this region, and I can see new concepts and ideas forming all the time. With Peruvian, there is a long way to go but we will continue to keep working to share our passion and educate our guests as well as learn from them and our surroundings.

When here, where is your favourite place to eat in Dubai? (aside from Lima, of course)
ZUMA.

Where's the best place in the world you have been for its food?
Mugaritz Restaurant, located outside San Sebastian in Spain.

Who is the chef you admire most for their skill and technique?

Andoni Luis Aduriz (Mugaritz Restaurant – as above).

What are your five favourite ingredients?

Lime, aji, salt, fish, and range herbs.

Where do you go to find culinary inspiration?

To the Amazon of Peru.

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Use it up

Here are new ways to cook with ingredients you've bought for other recipes

recipes ELENA SILCOCK *photographs* STUART OVENDEN



Spicy tamarind prawns

Here's another way to cook with **tamarind paste**

SERVES 2 PREP 10 mins
COOK 5 mins EASY

For the lime mayonnaise

½ lime, juiced, plus wedges to serve

50g mayonnaise

For the prawns

2 tbsp vegetable oil

1 garlic clove, crushed
thumb-sized piece ginger, grated

½ red chilli, finely chopped

1 tbsp tamarind paste

180g raw jumbo king prawns (or tiger prawns)

toasted sesame seeds, sliced spring onions and cooked rice, to serve

1 Mix the lime juice with the mayonnaise and set aside.

2 Heat the oil in a large,



non-stick frying pan over a medium heat and add the garlic, ginger and chilli. Lightly fry for 2 mins until fragrant, then add the tamarind paste.

3 Toss the prawns in the mixture and cook for 2-3 mins until they have all turned pink. Serve with rice, topped with the sesame seeds and spring onions, and the lime mayo, plus lime wedges for squeezing over.

PER SERVING 371 kcal • fat 20g • saturates 2g • carbs 8g • sugars 7g • fibre none • protein 17g • salt 0.5g

Purple sprouting broccoli with preserved lemon dip

Make more of **preserved lemons** – they're used in the harissa lamb on page 48.

SERVES 2 PREP 10 mins
COOK 8-10 mins EASY V

230g purple sprouting broccoli

2 tbsp olive oil, plus a drizzle

1 tsp chilli flakes

1 preserved lemon, deseeded and finely chopped

50g Greek yogurt

½ garlic clove

1 tbsp finely chopped parsley

1 Heat the grill to high. Toss the broccoli with the olive oil on a baking tray and scatter with the chilli flakes. Grill for 8-10 mins until cooked through and beginning to crisp.



2 Meanwhile, mix the preserved lemon with the yogurt, garlic, parsley and a drizzle of olive oil. Season and serve alongside the broccoli, or add a little water to thin the dip and drizzle over the top.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 194 kcal • fat 15g • saturates 3g • carbs 5g • sugars 3g • fibre 6g • protein 6g • salt 0.2g

Chipotle cod tacos

This recipe helps to use up any **chipotle paste** you may have knocking around.

SERVES 2 PREP 10 mins
COOK 10-12 mins EASY

2 skinless cod fillets

2 tbsp chipotle paste

½ lime, juiced

½ tbsp olive oil

4 taco shells

For the slaw

1 bag ribboned stir-fry vegetables

2½ tbsp mayonnaise

2 tsp cider vinegar

1 tbsp wholegrain mustard

1 Heat oven to 200C/180C fan/gas 6. Slice the cod into 2cm chunks and toss with the chipotle paste, lime juice and olive oil. Leave to marinate while you make the slaw. Mix all the slaw ingredients together, season and set aside.



2 Put the cod on a baking tray and roast for 10-12 mins until flaking apart. About 4 mins before the cooking time is up, put the taco shells on a separate tray in the oven to warm through.

3 Serve the tacos filled with the cod and a spoonful of the slaw. Serve the extra slaw on the side.

GOOD TO KNOW folate • vit c • 2 of 5-a-day
PER SERVING 723 kcal • fat 47g • saturates 6g • carbs 33g • sugars 9g • fibre 7g • protein 37g • salt 1.5g

Amaretti muffins

Use **rice flour** to make a gluten-free muffin mix.

MAKES 12 PREP 15 mins
COOK 20-25 mins EASY

110ml vegetable oil

110g golden caster sugar

2 eggs

2 tbsp Greek yogurt, plus extra to serve

25ml espresso or strong coffee

110g ground almonds

60g rice flour

1 tsp gluten-free baking powder

4 soft amaretti biscuits, broken up

50g flaked almonds

1 Heat oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with muffin cases or baking parchment squares.

2 Whisk the oil, sugar and eggs together. Add the yogurt and espresso, then fold in the ground almonds, rice flour and



baking powder. Carefully fold the broken amaretti biscuits into the mixture.

3 Divide the mixture between the cases (about 2 tbsp in each). Sprinkle with the flaked almonds and bake for 20-25 mins until golden on top. Serve warm with a large dollop of Greek yogurt.

GOOD TO KNOW gluten free

PER MUFFIN 237 kcal • fat 17g • saturates 2g • carbs 17g • sugars 12g • fibre none • protein 5g • salt 0.1g



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dinner dash

Chopped tomatoes

Just open a can and you've got the makings of a simple supper

recipes ESTHER CLARK photographs CLARE WINFIELD

Cod with olives & crispy pancetta

SERVES 4

Mix the olives & sundried tomatoes with the chopped tomatoes, then season. Tip the sauce into a casserole dish, top with the fish and drizzle over 2 tbsp olive oil. Bake at 200C/180C fan/gas 6 for 15-20 mins or until the fish is just cooked.

Heat a medium frying pan until hot, add the pancetta and cook on both sides for 1 min or until crisp. Top the fish with shards of the pancetta.

GOOD TO KNOW low cal • 1 of 5-a-day • gluten free

PER SERVING 290 kcals • fat 16g • saturates 4g • carbs 4g • sugars 4g • fibre 2g • protein 31g • salt 1.5g



Beans & feta on sourdough toast

SERVES 2

Put the mixed beans and tomatoes in a pan over a medium heat. Simmer for 7 mins until the sauce is reduced a little, then season well.

Drizzle the sourdough slices with a little olive oil on each side and grill until both sides are golden brown. Top the bread with the beans and crumble over the feta.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 617 kcals • fat 23g • saturates 7g • carbs 65g • sugars 16g • fibre 20g • protein 28g • salt 2.8g



Cheat's aubergine parmigiana

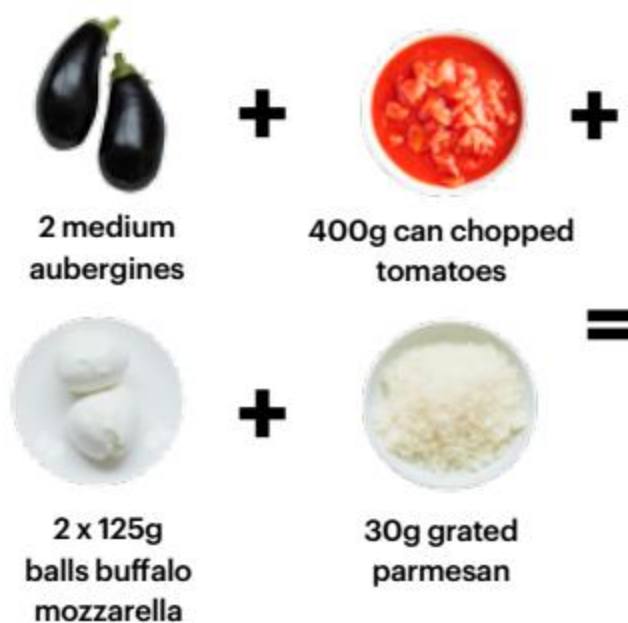
SERVES 2

Heat oven to 200C/180C fan/gas 6. Put the aubergines on a baking tray and make a slit down the centre of each. Drizzle with 2 tbsp olive oil and season. Bake for 50-55 mins or until the flesh is soft.

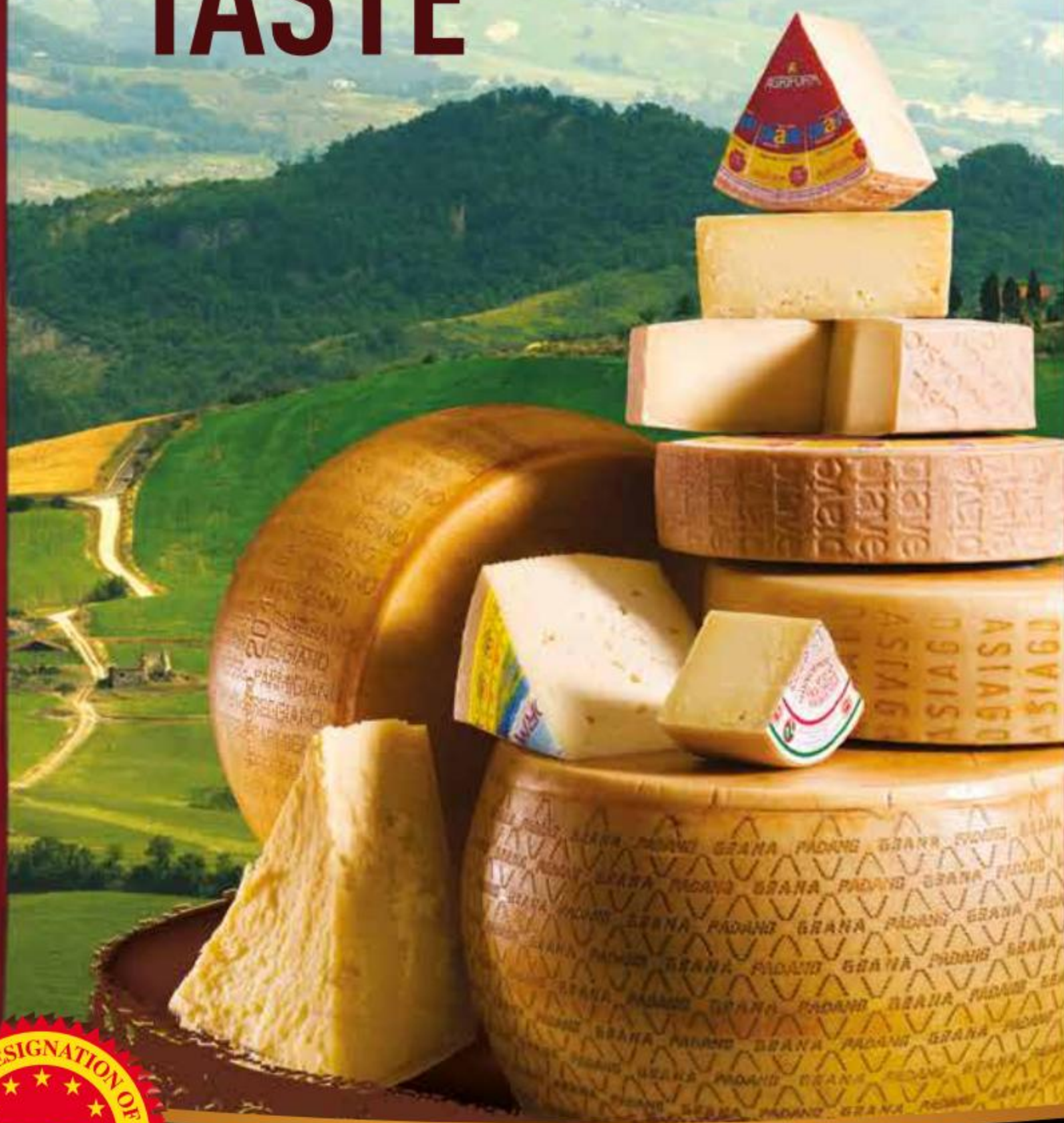
Heat the grill. Tip the tomatoes into a bowl and season well. Fill the aubergines with layers of tomatoes and mozzarella, and finish with the parmesan. Put under the grill for 5-7 mins until the cheese is golden.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day • gluten free

PER SERVING 596 kcals • fat 42g • saturates 22g • carbs 15g • sugars 14g • fibre 11g • protein 33g • salt 1.5g



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Feel good fish

with international flavours

Oily fish makes good brain food, so use our family-friendly recipes to add more to your diet

recipes SOPHIE GODWIN *photographs* SAM STOWELL



Most of us want to get more fish into our diet, and with good reason – it's rich in the omega-3 fatty acids, EPA and DHA. Interestingly, it's when we are very young that oily fish may be most beneficial for our brains. That's because it aids the development and function of a child's brain and nervous system, and has been linked to helping behavioural problems, improving memory and sharpening concentration.

We can't produce these fats in our own bodies, which makes them invaluable in our diet, especially for the young – so teaching them to learn to love fish can only be a good thing. Salmon, mackerel, fresh tuna, trout, sardines and herring are great sources of omega-3 fats, and should be eaten once a week if possible. Serve these family-friendly fish recipes and everyone will benefit.

Kerry Torrens, nutritional therapist

Salmon egg-fried rice

Let your kids choose how much heat they like – serve hot sauce on the table alongside, rather than adding chilli to the rice itself.

SERVES 2-3 PREP 10 mins

COOK 10 mins EASY

thumb-sized piece ginger, grated
1-2 garlic cloves, grated
2 tbsp low-salt soy sauce
½ tbsp rice wine or sherry vinegar
2 tbsp vegetable oil
1 large carrot, chopped into chunks
175g pack baby corn & mangetout
or sugar snap peas, chopped
2 skinless salmon fillets
250g pouch brown basmati rice
2 eggs
hot sauce, to serve

1 Mix the ginger, garlic, soy and vinegar, and set aside. Heat a large pan or wok and add 1 tbsp oil, the vegetables and salmon. Fry the salmon for 2 mins each side until it begins to turn opaque. Tip in the rice and stir, flaking the fish into large pieces, then move everything to the side of the pan.
2 Add the remaining oil to the pan, crack in the eggs and stir to roughly scramble them. Once cooked, stir through the rice and pour over the soy marinade. Season and leave to bubble away for a few mins more, so that all the rice is coated in the sauce. Serve in bowls with hot sauce for drizzling.

GOOD TO KNOW omega-3 • 1 of 5-a-day •

PER SERVING (3) 432 kcal • fat 23g • saturates 4g • carbs 24g • sugars 4g • fibre 3g • protein 30g • salt 1.7g



Hoisin mackerel pancakes

Using sweet ingredients with stronger-flavoured fish like mackerel helps tempt children to eat it. However, sweet sauces such as hoisin are a source of added sugar, so use them in moderation.

SERVES 4 PREP 15 mins

COOK 5 mins EASY

3 mackerel fillets, all bones removed, cut into finger-length strips
2 tbsp hoisin sauce, plus extra for dipping
4 spring onions
½ cucumber
2 Little Gem lettuces
1 tsp vegetable oil
10 Chinese pancakes (available from Waitrose, Asian supermarkets or Chinese takeaways)

1 Marinate the mackerel in the hoisin sauce while you prepare the veg. Cut the spring onions and cucumber into thin matchsticks, and separate the lettuce leaves.
2 Heat the oil in a large frying pan over a medium heat. Add the mackerel and fry for 3-4 mins until sticky and caramelised. Heat the pancakes following pack instructions. Serve everything in the middle of the table and let everyone help themselves.

GOOD TO KNOW omega-3 • 2 of 5-a-day

PER SERVING 393 kcal • fat 22g • saturates 4g • carbs 24g • sugars 9g • fibre 3g • protein 24g • salt 0.9g



Sesame tuna steaks with Asian slaw

Get the best-quality tuna you can: be sure to ask your fishmonger for sustainably sourced fish.

SERVES 2 PREP 10 mins

COOK 10 mins EASY

2 tbsp sesame oil
1 lime, ½ juiced, ½ cut into wedges to serve
¼ red cabbage, shredded
½ red chilli, thinly sliced
1 yellow pepper, cut into strips
100g beansprouts (make sure they are the ready-to-eat variety)
30g peanuts, toasted and roughly chopped
2 x 2cm-thick tuna steaks
2 tbsp sesame seeds

1 Mix together the sesame oil and lime juice with some seasoning, then toss with the cabbage, chilli, pepper, beansprouts and peanuts.
2 Heat a non-stick frying pan until searing hot. Season the tuna steaks on both sides and turn them in the sesame seeds to coat. Fry for 3 mins each side until the tuna is browned and a sesame crust has formed, but the fish is still pink in the middle. Leave to rest for a few mins, then serve with the slaw and lime wedges for squeezing over.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • omega-3 • 3 of 5-a-day

PER SERVING 535 kcal • fat 26g • saturates 4g • carbs 15g • sugars 11g • fibre 11g • protein 56g • salt 0.5g



Hoisin mackerel pancakes, p31





Tandoori trout

Oily fish like trout is a valuable source of vitamin D, which supports strong bones and teeth.

SERVES 4 PREP 5 mins

COOK 35 mins EASY

4 thick trout fillets
1 tbsp tandoori curry paste
500g new potatoes, larger ones halved
2 tbsp vegetable oil
1 garlic clove, chopped
1 tsp each ground cumin and garam masala (or ground coriander)
½ tsp ground turmeric
320g frozen peas
yogurt, coriander leaves and mango chutney, to serve

1 Coat the trout in the curry paste. Put the potatoes in a large pan of cold salted water, bring to the boil and cook for 15-20 mins until tender but still retaining their shape. Drain and leave to steam-dry.

2 Heat the grill. Put the trout fillets on a baking tray lined with foil and cook until tender, about 6-8 mins.

3 Meanwhile, heat the oil in a large frying pan and add the garlic and spices. Cook for a few mins until fragrant, then tip in the potatoes. Fry for 3 mins until crisp at the edges, then throw in the frozen peas. Cook for 2-3 mins more until warmed through. Season well and serve with the trout, coriander sprinkled over, and yogurt and chutney on the side.

GOOD TO KNOW healthy • fibre • iron • omega-3 • 1 of 5-a-day

PER SERVING 359 kcal • fat 15g • saturates 2g • carbs 27g • sugars 6g • fibre 7g • protein 35g • salt 0.5g



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A globally-inspired roast

Take the stress out of cooking a memorable lunch with this one-pot roast with a twist. We take inspiration from Italy, France and the States to create gorgeous beef brisket, veg and gravy – with a stunning potato side and a make-ahead pud – which means you can enjoy yourself too

recipes BARNEY DESMAZERY

photographs WILL HEAP

Menu for 8

One-pot beef brisket
& braised celery

Domino Dauphinoise

Italian kale

Salted caramel
cheesecake



One-pot beef brisket & braised celery

This dish is based on the Tuscan braise – beef in Barolo wine.

However, as Barolo is pricey, I suggest you use any full-bodied red that suits your budget. The marinade is totally optional, but give it a go if you have the time. The beef can also be braised the day before, then reheated in a low oven.

SERVES 8 **PREP** 30 mins plus optional marinating **COOK** 5 hrs **EASY** 🌱 🍷

2.2kg piece of rolled beef brisket
1 bottle full-bodied red wine
3 tbsp olive oil
8 celery sticks, cut into little-finger-length pieces
2 carrots, roughly chopped
1 onion, sliced
3 garlic cloves, roughly chopped
4 thyme sprigs

4 bay leaves
small pack parsley, roughly chopped

1 If you have time, up to 24 hrs before, sit the beef in a snug plastic container and pour over the wine. Cover and leave to marinate in the fridge, turning the beef as and when you can.

2 Heat oven to 170C/150C fan/gas 5. Drain the wine from the beef (if you've marinated), but keep the wine. Heat the oil in a flameproof casserole dish that will fit the beef and all the vegetables – don't worry if the beef is too tall for the dish. Season the beef and spend a good 15 mins browning it on all sides, then remove from the dish. Add the celery, carrots and onion to the dish, sizzle in the beef fat for 5 mins, then add the garlic and herbs. Nestle the beef among the vegetables, pour over the wine and bring to a simmer.

Cover the dish with its lid (or foil if the beef is too tall) and braise in the oven for 4-4½ hrs until very tender, turning the beef once.

3 Once cooked, leave to rest for 10 mins, then lift the beef onto a carving board. Drain the vegetables (reserving the braising juices), toss with the parsley and tip into a dish. Spoon the fat off the braising juices and pour into a bowl for spooning over. *The sauce can be chilled in the fridge – the fat will solidify and can be lifted off the sauce before it's reheated.*

GOOD TO KNOW iron • 1 of 5-a-day • gluten free
PER SERVING 572 kcals • fat 33g • saturates 12g • carbs 3g • sugars 3g • fibre 2g • protein 47g • salt 0.2g

Italian kale

The Italian term agrodolce means sweet and sour, and usually refers to vegetables that have been flavoured and dressed with vinegar – which is what I've done here.

SERVES 8 **PREP** 5 mins
COOK 5 mins **EASY** 🌱 🍷

3 tbsp olive oil
3 garlic cloves, finely sliced
3 tbsp red wine vinegar
300g cavolo nero or kale, roughly shredded

1 Heat the oil in a large pan with a lid and sizzle the garlic, then add the vinegar and a splash of water.

2 Tip the kale into the pan, cover and wilt in the steam for 4-5 mins, adding a splash more water if the pan gets too dry. Once wilted, season with a little sea salt.

GOOD TO KNOW healthy • gluten free
PER SERVING 50 kcals • fat 4g • saturates 1g • carbs 1g • sugars none • fibre 1g • protein 1g • salt none

Domino Dauphinoise

Rather than getting a bag of potatoes, buy them loose and choose ones the size of a tangerine to give a nice, uniform shape to the finished dish.

SERVES 8 **PREP** 10 mins
COOK 1 hr 15 mins **EASY** 🍷

50g butter, melted
1.5kg small Maris Piper potatoes, skin on
4 bay leaves, torn in half
300ml double cream
3 thyme sprigs, leaves picked

1 Heat oven to 170C/150C fan/gas 5. Butter a medium-sized gratin dish (a round or oval one about 22cm wide is ideal) with a little of the butter. Slice the potatoes into very thin rounds – a mandolin or the sharp slicing blade of a box grater is good for this. As you slice, stack the potatoes in piles and pack them into the dish starting from the

outside, building a trail around the dish and then into the middle. You want all the potatoes standing on their edges like dominoes. Slip the bay leaves between some of the slices.

2 Drizzle the cream over the potatoes, then sprinkle the thyme over the top. Season well and cook for 1 hr until the potatoes are tender and cooked through, then turn the oven up to 200C/180C fan/gas 8 for 10-15 mins to crisp up the top of the potatoes.

GOOD TO KNOW gluten free
PER SERVING 379 kcals • fat 25g • saturates 16g • carbs 32g • sugars 2g • fibre 3g • protein 4g • salt 0.1g



Salted caramel cheesecake

CUTS INTO 12 slices **PREP** 30 mins
plus at least 3 hrs cooling
COOK 35 mins **EASY**

For the base

50g butter, melted, plus extra
for the tin

200g chocolate digestives

For the filling and topping

750g (3 tubs) cream cheese

300g caramel sauce (dulce de
leche) from a tin or jar

1 tsp vanilla extract

150g golden caster sugar

2 tbsp plain flour

4 medium eggs

1 Heat oven to 180C/160C fan/
gas 6. Butter a 23cm springform
cake tin and line the base with
baking parchment. Tip the biscuits

into a food processor, blitz to crumbs
and pour in the melted butter. (You
could also tip the biscuits into a bag,
bash with a rolling pin into crumbs
and mix in the butter.) Press the
biscuit into the base of the tin – the
easiest way to do this is by flattening
it with your hand under a sheet of
cling film. Place the tin on a tray and
bake for 10 mins, then remove from
the oven to cool.

2 Meanwhile, scrape the cream
cheese into a bowl with 3 tbsp of
the caramel sauce, the vanilla, sugar
and flour, and beat until smooth.
Beat in the eggs, one at a time, until
you have a thick, smooth custard
consistency. Tip over the base,
scraping the bowl clean, and bake
in the oven for 10 mins. Reduce the
temperature to 140C/120C fan/gas 1
and continue to bake for 25-30 mins
until there is a slight wobble in the
centre. Turn off the heat and leave

the door just slightly ajar – a tea
towel holding the door open is
ideal. This should leave you with
a completely smooth top, but if
there are a couple of small cracks,
don't worry. Leave the cheesecake
in the oven until completely cool
(overnight is fine), then chill until
needed. *Will keep in the fridge
for two days.*

3 On the day, loosen the sides of the
cheesecake from the tin with a knife
and remove the base (I usually serve
it straight from the tin base). Add a
large pinch of flaky sea salt to the rest
of the caramel sauce, then spoon it
over the cake and swirl with the
back of the spoon. The cheesecake
will sit happily on a stand at room
temperature for a couple of hours.
Just before serving, sprinkle with
extra sea salt, if you like.

PER SLICE 435 kcal • fat 26g • saturates 16g
carbs 41g • sugars 31g • fibre 1g • protein 9g • salt 0.7g





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Share your recipes

Vegan Thai curry

Some of the most popular recipes on our website are from our *Good Food* members – including this vegan version of a Thai favourite

recipe MARIA RUDDEN photograph DAVID MUNNS

'For me, cooking is all about bringing people together, and I enjoy testing out new recipes on my family, friends and my fiancé, Ed,' says Maria, from Sheffield.

'I became a vegan last March, so I'm now trying to create vegan alternatives to my restaurant favourites, and that's how this recipe came about. The ginger, lime leaves, lemongrass and coconut give this curry its authentic Thai taste. The aubergine soaks up all the flavours, and the cashews make it feel really indulgent.'

Vegan Thai curry

Some coconut milks have homogenisers added to prevent the solids from separating, but for this recipe you want the solid cream that forms at the top of the can, so buy unhomogenised milk. Use the leftover coconut milk to make porridge, or add to a smoothie.

SERVES 3 PREP 10 mins
COOK 40 mins EASY

For the paste

2 lemongrass stalks, tough outer leaves removed, core finely chopped
5 spring onions, chopped
handful fresh coriander, chopped
8 dried kaffir lime leaves
2 tbsp tamari
2 green chillies, deseeded
thumb-sized piece ginger, chopped

For the curry

2 aubergines, roughly chopped
1 red pepper, roughly chopped
2 tbsp coconut oil, melted
1 tbsp sesame oil

250g green beans, cut into thirds
300ml vegetable stock
400ml can unhomogenised coconut milk (cream only)
300g buckwheat noodles
handful cashew nuts
4 tbsp desiccated coconut
To serve
1 lime and finely chopped red chilli

1 Heat oven to 200C/180C fan/gas 6. To make the curry, toss the aubergines and red pepper in a roasting tin with 1 tbsp coconut oil, and roast for 20-25 mins until they are softened.

2 Meanwhile, make the paste. Put all the ingredients in a food processor and blend until smooth.

3 Heat the sesame oil and remaining coconut oil in a frying pan or wok. Add the paste and fry for 1-2 mins, then stir in the green beans and fry for another 1-2 mins.

4 Add the vegetable stock, mixing well, followed by the roasted vegetables and the solid coconut cream from the top of the can of coconut milk. Give it all a good stir, bring to the boil, then allow it to simmer for 4-5 mins.

5 Meanwhile, cook the buckwheat noodles following pack instructions.

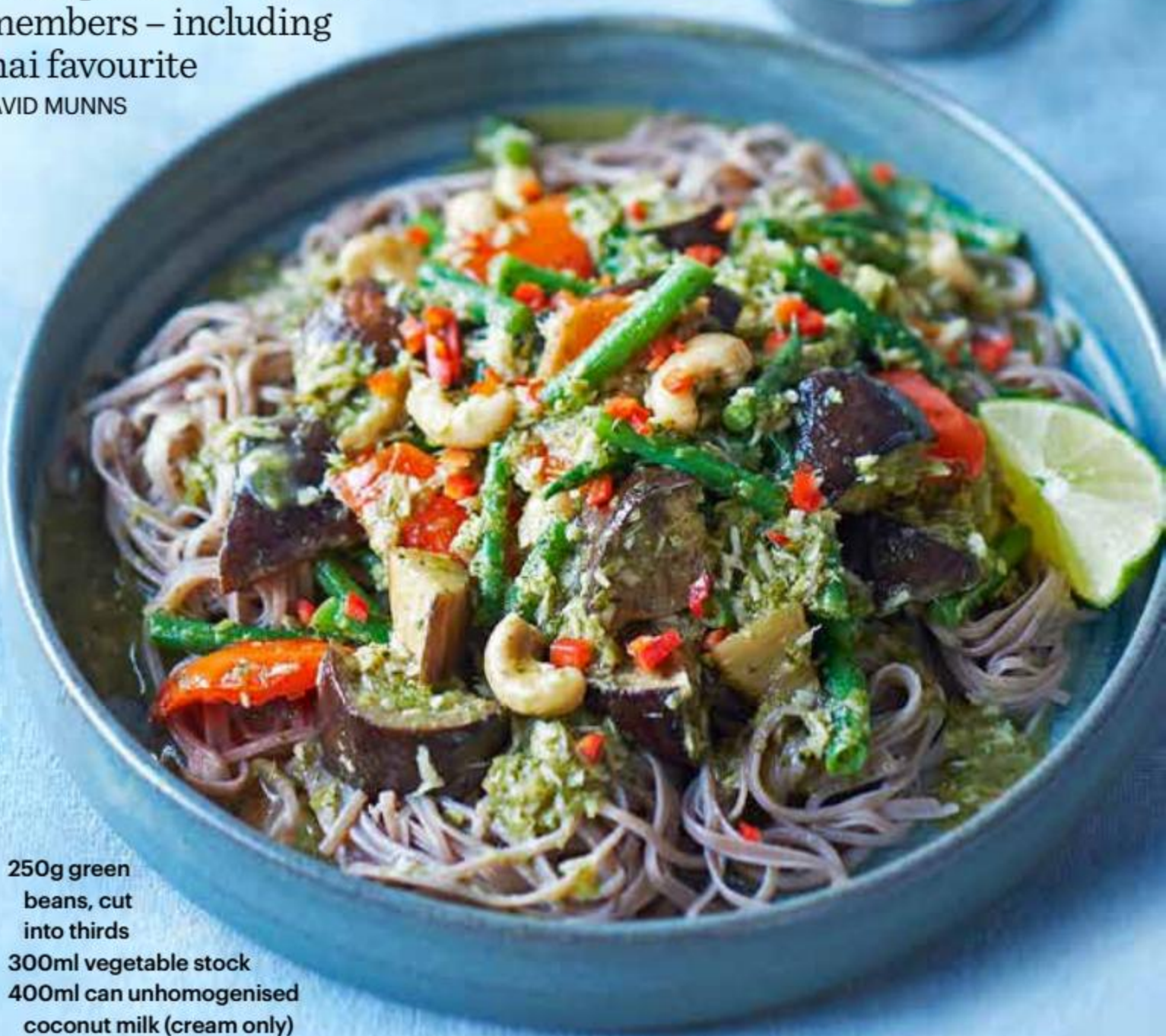
6 Add the cashews and desiccated coconut to the curry. Divide the drained noodles between three bowls, top with the curry, squeeze over some lime juice and garnish with red chilli.

GOOD TO KNOW vegan • 3 of 5-a-day

PER SERVING 951 kcal • fat 49g • saturates 35g • carbs 91g • sugars 21g • fibre 21g • protein 25g • salt 3.0g



Got a recipe you'd like to share? Visit bbcgoodfoodme.com and create an account in My Good Food – your recipe could be featured in a future issue.





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The Great Flavour Awards recognise the very best ingredients available to consumers throughout the UAE. We believe that it is our responsibility to enhance the produce consumers use every evening to prepare their family meals, showcase local food production, identify what really is organic and healthy and celebrate those supermarkets, delicatessens and food distributors that constantly strive to improve the level of produce on their shelves.

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**GREAT
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AWARDS**

Season's best... *from around the world*

Make the most of spring produce with these new recipes

recipes CASSIE BEST and SOPHIE GODWIN

photographs PETER CASSIDY



Harissa lamb with labneh
& chickpeas, p48



Roasted aloo gobi, p48



Ham hock colcannon

SERVES 4 **PREP** 20 mins

COOK 20 mins **EASY**

800g floury potatoes (such as Maris Piper or King Edward)
50g butter
3 garlic cloves, chopped
1 small Savoy cabbage, shredded
8 spring onions, sliced on a diagonal
100ml double cream
2 tbsp wholegrain mustard
180g ready-cooked ham hock
4 eggs

1 Peel and cut the potatoes into even, medium-sized chunks. Put in a large pan filled with cold salted water, bring to the boil and cook for 10-15 mins until a knife can be inserted into the potatoes easily.

2 Meanwhile, melt the butter in a large sauté pan over a medium heat. Add the garlic, cabbage, spring onions and some seasoning. Stir occasionally until the cabbage is wilted but still retains a little bite, then set aside.

3 Drain the potatoes, leave to steam-dry for a couple of mins, then mash

with the cream, mustard and seasoning in the same saucepan. Stir in the cabbage and ham hock. Keep warm over a low heat.

4 Reheat the pan you used to cook the cabbage (no need to wash first), add a splash of oil, crack in the eggs and fry to your liking. To serve, divide the colcannon between bowls and top each with a fried egg.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 600 kcals • fat 37g • saturates 18g • carbs 38g • sugars 3g • fibre 7g • protein 25g • salt 2.2g



Shellfish, orzo &
saffron stew, p50

Harissa lamb with labneh & chickpeas

Lamb rump, a tender cut from the top of the leg, is similar in flavour and texture to beef rump steak. It makes an excellent roasting joint for two people.

SERVES 2 **PREP** 20 mins plus overnight straining and chilling
COOK 35 mins **EASY**

500g full-fat natural yogurt
300g lamb rump
2 tbsp harissa
½ cauliflower, broken into florets
400g can chickpeas, drained and rinsed
2 tbsp good-quality olive oil, plus extra for drizzling
1 tbsp cumin seeds
1 preserved lemon, finely chopped
handful mint, leaves torn
2 spring onions, chopped diagonally
You will need
muslin or a J-cloth

1 The night before, make the labneh. Put a sieve over a large bowl and line with muslin or a J-cloth. Mix the yogurt with ¼ tsp salt, spoon into the sieve and put in the fridge to strain. Massage the harissa into the lamb, cover and chill overnight.
2 Heat oven to 200C/180C fan/gas 6. Toss the cauliflower and chickpeas in a large roasting tin with the oil, cumin seeds, preserved lemon and seasoning. Season the lamb and nestle into the roasting tin. Roast for 20 mins for pink (or 25 mins if you prefer your meat a little more well done), then remove the lamb to rest. Continue cooking the other ingredients for 15 mins until the cauliflower is beginning to char.
3 Meanwhile, bring the yogurt out of the fridge – it should have thickened to a spreadable consistency and taste slightly soured. Remove from the muslin and discard the drained liquid. *Any leftover labneh can be kept in an airtight container in the fridge for up to five days.*
4 Carve the lamb into thin slices. Spread a good dollop of labneh onto each plate and top with the lamb and the chickpea mixture. Scatter over the mint and spring onions, and drizzle over a little oil to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 693 kcals • fat 41g • saturates 14g • carbs 32g • sugars 9g • fibre 11g • protein 43g • salt 0.6g

Roasted aloo gobi

SERVES 4 **PREP** 15 mins
COOK 50 mins **EASY** **V**

400g floury potatoes (such as Maris Piper or King Edward), cut into medium-sized chunks
1 large cauliflower, cut into florets
1 tbsp cumin seeds
2 tsp coriander seeds
2 tsp nigella seeds
1 tsp ground cinnamon
1 tsp turmeric
1 tsp chilli powder
4 tbsp vegetable, sunflower or rapeseed oil
8 curry leaves
4 garlic cloves, crushed
2 x 400g cans chopped tomatoes
2 small green chillies, pierced a few times
1 tsp golden caster sugar
1 lime, juiced
small pack coriander, chopped
basmati rice, naan and natural yogurt, to serve

1 Heat oven to 180C/160C fan/gas 4. Tip the potatoes into a large pan, fill with cold water and bring to the boil. Simmer for 5-6 mins until starting to soften but still holding their shape. Drain well.
2 On a large baking tray, toss the potatoes and cauliflower with the spices and 2 tbsp oil. Season well and roast for 45 mins, stirring halfway through cooking, until the veg is soft and starting to brown.
3 Meanwhile, heat the remaining oil in a large pan. Fry the curry leaves and garlic for 1 min, making sure the garlic doesn't brown. Add the tomatoes, chillies, sugar, lime juice and some seasoning. Cover with a lid and simmer for 15 mins until the tomatoes have broken down.
4 Add the roasted veg to the tomatoes. Simmer for 5 mins, adding a splash of water if the curry gets too thick. Stir through the coriander and serve with rice, warm naan and yogurt.

GOOD TO KNOW vegan • healthy • low fat • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 322 kcals • fat 15g • saturates 1g • carbs 33g • sugars 14g • fibre 9g • protein 10g • salt 0.1g

Caramel passion fruit slice

MAKES 16 **PREP** 15 mins plus chilling
COOK 20 mins **MORE EFFORT**

For the shortbread
150g plain flour
100g desiccated coconut
170g cold butter, cubed, plus a little for the tin
75g golden caster sugar
For the caramel
90g butter
397g can of condensed milk
2 tbsp golden syrup
2 tbsp dark brown sugar
3 passion fruits, pulp only
For the topping
200g dark chocolate
30g coconut shavings, toasted

1 Heat oven to 180C/160C fan/gas 4 and butter a 23 x 23cm brownie tin. First, make the shortbread by stirring the flour and coconut together in a bowl, then rub in the butter with your fingers until the mixture looks like breadcrumbs. Stir through the sugar, then bring the dough together with your hands. Pat into the tin, pricking the top all over with a fork. Bake for 15-18 mins until lightly golden and crisp.
2 For the caramel, put the butter, condensed milk and syrup in a pan with a large pinch of salt. Heat gently until simmering, then whisk for 6 mins until thick and fudgy. Take off the heat and stir in the passion fruit pulp. Pour over the shortbread, smooth over with a palette knife and leave to set.
3 Once set, melt the chocolate in the microwave in 30-sec bursts until glossy and smooth. Smooth over the caramel shortbread, then scatter over the coconut shavings. Leave to set, then cut into 16 squares. *Will keep for five days in an airtight container.*

PER SLICE 395 kcals • fat 26g • saturates 17g • carbs 34g • sugars 26g • fibre 3g • protein 4g • salt 0.4g



Shellfish, orzo & saffron stew

SERVES 4 **PREP** 20 mins
COOK 20 mins **MORE EFFORT** 

good pinch of saffron
12 mussels (about 250g)
12 clams (about 250g)
8 large prawns, shells and heads on
3 tbsp olive or rapeseed oil
2 shallots, finely chopped
1 celery stick, finely chopped
5 garlic cloves, crushed
150ml white wine
50ml Pernod
500ml fish stock
200g orzo
small pack parsley, finely chopped
extra virgin olive or rapeseed oil,
for drizzling
crusty bread, to serve

1 Boil the kettle, put the saffron in a small bowl, pour over 100ml hot water and set aside to steep. Tip the mussels and clams into a large colander and rinse under cold water. Scrub the shells and pull away any stringy beards. Discard any that don't close when tapped on the side of the sink. Use a small serrated knife to cut down the prawn backs, through the shells, pulling out any black entrails you find.

2 Heat the oil in a large casserole dish or deep frying pan. Add the shallots, celery and garlic, and fry over a low heat for a few mins until starting to soften. Add the wine and Pernod, and bring to the boil. Simmer for 1-2 mins, then add the stock, the saffron with its steeping liquid and some seasoning. When bubbling, reduce to a simmer and stir in the orzo. Cover the pan with a lid and cook for 4 mins.

3 Add the shellfish, re-cover and cook for 5 mins more until the pasta is cooked, the prawns are pink and the shells are all open (discard any that aren't). Scatter with parsley and serve in bowls with a drizzle of oil and crusty bread.

GOOD TO KNOW low cal • vit c • iron

PER SERVING 426 kcal • fat 13g • saturates 1g • carbs 19g • sugars 2g • fibre 3g • protein 43g • salt 3.0g

Rhubarb, marzipan & citrus cake

SERVES 12-15 **PREP** 20 mins plus
macerating **COOK** 50 mins **EASY**

300g softened butter, plus a little
for the tin
400g thin-stemmed rhubarb,
cut into thick pieces
350g golden caster sugar
½ orange, zested
½ lemon, zested
3 large eggs
200g self-raising flour
50g fine polenta
50g ground almonds
1 tsp baking powder
100g marzipan, chopped into
small chunks

1 Heat oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm traybake tin with baking parchment. Toss the rhubarb in 50g sugar and set aside to macerate for 20 mins.

2 Tip the butter, remaining sugar and zests into a large bowl. Beat with an electric whisk until light and fluffy. Add the eggs, one at a time, mixing well between each addition. Add the flour, polenta, almonds, baking powder and a good pinch of salt, and mix until just combined. Fold through half the rhubarb (reserving the rest for the top), plus any juices, and the marzipan.

3 Scrape the mixture into the tin. Smooth the surface up to the edges and top with the remaining rhubarb. Bake for 45-50 mins until risen and golden, and a skewer inserted in the centre of the cake comes out clean. If there is any wet mixture, return it to the oven for 5 mins, then check again. Cool in the tin for 10 mins, then serve warm with crème fraîche, or cool completely to serve as a cake. *Will keep in an airtight container for three days.*

PER SERVING (15) 371 kcal • fat 21g • saturates 11g • carbs 41g • sugars 28g • fibre 1g • protein 5g • salt 0.6g



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Fruit & veg

- Cauliflower
- Celeriac
- Endive
- Green cabbage
- Jerusalem artichokes
- Leeks
- Lemons
- Oranges and blood oranges
- Parsnips
- Passion fruit
- Purple sprouting broccoli
- Rhubarb
- Spinach
- Spring greens

- Spring onions
- Swede
- Young carrots

Meat & game

- Lamb
- Pigeon
- Rabbit

Fish & seafood

- Clams
- Crab
- Lobster
- Mussels
- Prawns
- Scallops
- Sea bream
- Sea trout



Rhubarb, marzipan
& citrus cake, p50



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THE SEASONING JOURNEY

Mustards

All you need to know about this versatile ingredient to help you make more of it in your cooking

Mustard seeds

There are three main varieties – yellow or white, brown and black – all from different mustard plants. Apart from the colour, the main difference is their heat. Yellow or white are the mildest, while brown and black are much hotter. It's the oils in the seeds that give mustard its pungency. If you use seeds whole, they don't reach their full heat potential but instead add a warm, almost nutty, flavour to dishes.

HOW TO USE THEM

To create a base for curries and stews, fry in oil until the seeds pop to release their flavour. Add to pickles and chutneys, or grind to make mustard powder.

HEALTH BENEFITS

They contain compounds called isothiocyanates which seem to inhibit the growth of cancer cells, most notably in the gastrointestinal tract and colon. Mustard seeds are an excellent source of selenium, a trace element that is also thought to have an anti-cancer effect.

HOW LONG DO THEY KEEP?

Although it will happen slowly, prepared mustards in jars (not the seeds or powders) lose their pungency over time. Make sure you close the lids tightly after opening, and use within three months.

English mustard powder

A combination of white and brown mustard seeds are milled into flour to make a powder that packs a punch. In its raw state, the powder isn't that powerful, but once combined with water, a chemical reaction occurs, which releases the flavour and heat. All ready-made mustards are made using some form of mustard powder, but it's the temperature of the water and the addition of any acids

– such as vinegar, lemon juice and wine – when it's made that determine the strength. The hottest mustards are made with cold water and less acidity; mustards made using hotter liquids and stronger acids are milder. Uses Add the powder to the base of white sauces, soufflés, salad dressings and dips. It can also be made into a condiment or prepared mustard – simply mix with water 15 mins before you use it.

English

One of the hottest mustards in the world, it's made by mixing English mustard powder with water, salt, spices and lemon juice or citric acid. The white seeds give the initial kick, and the long-lasting heat comes from the brown seeds.



SPREAD it on sandwiches, stir through mash, or add to creamy sauces and gravies.

American-style

Sold in squeezable bottles, this bright-yellow mustard is an American icon. It's mild yet zingy, and although it's made from ground yellow mustard seeds, its colour comes from the addition of turmeric.



SQUEEZE on hot dogs and burgers. Stir into sauces and marinades.

French

Dark brown, mild and sweet, this is made from ground yellow and brown mustard seeds, mixed with vinegar and spices. It was first produced in the UK to satisfy a market that found English mustard too strong, so it isn't really French!



ADD a little heat to dressings and sauces. A less overpowering accompaniment to meats.

Dijon

The most famous of all French mustards. With its long history of mustard-making, Dijon is regarded as the mustard capital of the world. Made using milled brown seeds and traditionally the addition of verjuice – the acidic juice of unripe grapes – rather than vinegar. However, today most Dijon mustards contain white wine instead. The verjuice or white wine tempers the heat, making this a medium strength mustard.



STIR through macaroni cheese, add to sauces and dressings, or simply use as a condiment.

Wholegrain

The seeds are either mixed whole or lightly crushed with wine vinegar and spices. Different combinations of seeds will give varying flavours and heat. The whole seeds give it a great texture.



SERVE alongside ploughman's or red meats. Try stirring through mash for a speckled effect.



Essential dried herbs

We've become a bit sniffy about dried herbs, particularly as fresh are now so readily available. But dried herbs still deserve a place in your kitchen, says Orlando Murrin

Photograph MIKE ENGLISH

You can't beat dried herbs for convenience and value. A 25g pot or sachet of dried thyme, for example, will yield as much as a dozen packs of fresh – without the need for washing, chopping or refrigerating.

Buying and storing

- Light and heat are the enemies of dried herbs and spices, so don't keep them in a rack near the stove. A plastic box is ideal – stick a label on each jar lid, so it's easy to read from above.
- We like Seasoned Pioneers, which packages herbs and spices in resealable foil sachets – they last for ages.
- If you're looking for something special, steenberg.co.uk offers a global range of largely organic herbs and spices. Its website is packed with know-how and recipe inspiration.
- Specialist and wholesale shops offer giant packs at low prices, but for the average household it's wiser to buy in small quantities more often.

Using dried herbs

- In a recipe, 1 tsp dried herbs equals 1 tbsp fresh. In general, use 1/4–1/2 tsp of dried herbs per serving.
- To release flavour, dried herbs are best rehydrated. Add either at the beginning of cooking, or about 20 minutes before the end. Try mixing herbs with 1 tsp of oil and leaving for 10–15 minutes before using in dressings, marinades or sauces. Instead of sprinkling dried oregano on a pizza, steep in a little oil and use as a drizzle.
- Dried herbs are a useful way to cut down on salt. Where possible, add them during cooking rather than sprinkling on top.

Dry your own

- Put sage, rosemary, thyme, oregano, mint or marjoram leaves in a single layer between sheets of kitchen paper and microwave on High for 1–2 mins until brittle.
- If you have a bay tree, use the leaves fresh, or air-dry by hanging stems in an airy place, then picking off leaves to store in a tin or jar.

A couple of bay leaves will give mellow sweetness to braises, stews, stocks and soups. A bay leaf also makes a pleasing change when flavouring custards and rice puddings – infuse in heated milk, or stir in with the rice.



Dried dill is useful when fresh isn't available, to give a Scandinavian touch to fish, egg dishes and potatoes (don't confuse with dill seeds, which are used in pickles).



Oregano is the one herb that is generally considered better dried than fresh. It's indispensable in Italian and Mexican cooking, especially with tomatoes and cheese. Its cousin marjoram is often overlooked, but offers a sweeter, less assertive flavour – useful for red meats and pulses.



Essential for the Moroccan seasoning ras el hanout, and subtle Indian dishes. Rose petals also make beautiful cake and cupcake decorations.



Lavender is good in shortbread or as a flavouring for ice cream or custard. Sprinkle sparingly onto lamb or oily fish before roasting or baking.

Lavender

Mint

Mint has made a recent comeback, thanks to the trend for Middle Eastern food. Like fresh, dried mint can overpower, so use sparingly. Spearmint is more suited to savoury dishes (especially Greek dishes, lamb and split pea soup) than peppermint (use for sweets and chocolates).

Thyme

Dried thyme is a multi-purpose herb to pop into a soup or casserole when a sprig of fresh is not available. Also great with chicken.

MIX THEM UP

Mixed herbs Useful no-salt seasoning for meats and vegetables. You can mix your own using marjoram, oregano and thyme. **Italian mixed herbs** Usually a mix of thyme, marjoram, oregano, sage, rosemary and garlic – a useful one-stop seasoning for pasta sauces, especially tomato. As with oregano, stir into a little oil before drizzling on pizza.

Lime Leaves

Sometimes called kaffir lime leaves, tear or shred into Thai soups and curries for a distinctive citrus flavour.

Rosemary adds a pine fragrance to slow-cooked dishes (particularly Italian-style soups, stews, braises and all lamb dishes). Use sparingly, and chop if you don't want spiky leaves in your finished dish.

Rosemary

Choose freeze-dried lemongrass stalks, which have almost the same brightness and fragrance as fresh. Along with lime leaves – also best freeze-dried – lemongrass is good in curries and Thai dishes involving coconut.

Lemongrass

BEST WHEN FRESH

Basil, chives, coriander, parsley and tarragon may be supermarket bestsellers, but most cooks agree that dried is not a patch on fresh. At a pinch, they add a dash of green and a herby whiff to dishes, but lack the freshness or vibrancy of fresh.

Sage

Rubbed (or crumbled) sage is better than powdered. It lacks the zing of fresh, but it complements poultry, pork and butternut squash, and stuffings.

Salt & pepper

Which ones should you stock up on?

Feature ORLANDO MURRIN *Photographs* WILL HEAP

SALT has been prized as a preservative and seasoning for thousands of years – wars have been fought over it, and in Roman times it was worth its weight in gold.

It comes from two sources: rock salt is mined from ancient underground deposits; sea salt comes from evaporated seawater.

FLAVOURED SALTS

These are salts with added flavourings such as garlic, onion, celery or chilli. They are worth buying if you like to add a specific flavour to your food.

Sometimes they are called for as an ingredient in their own right, such as celery salt in a Bloody Mary. Truffle salt is good with eggs or potatoes, a pinch of seaweed salt enhances fish, and smoked salt gives a charred punch to meat dishes.



TABLE & COOKING SALT

Best for: salting pans of water, seasoning sauces or stews

There is little difference between these, except that grains of table salt tend to be more regular in size and less powdery. Both are mass-produced and contain anti-caking agents (such as calcium silicate). Too much salt in our diets is associated with high blood pressure – for more advice about salt and your health, visit bbcgoodfoodme.com.



SEA SALT FLAKES

Best for: adding a salty crunch to finished dishes and bread

Slightly crush over food after cooking to add texture, or before to simply season. Due to geography and traditional production, the UK boasts three world-class producers: Cornish sea salt (considered to be very clean and sweet in flavour), Maldon (very pure taste and no bitterness) and Halen Môn (from Anglesey, and the saltiest of the three).



ROCK & COARSE SALT

Best for: salt mills and curing gravadlax

Chunks of rock salt are generally too large to use whole as a seasoning on finished dishes, but can be used to season before cooking and in baking – for instance, when a whole fish is encrusted in salt. Look for unprocessed pink Himalayan rock salt (pictured), which is high in minerals such as magnesium and calcium.



FINISHING SALTS

Best for: adding a final finish to special dishes

Exotic salts from across the world, such as Australian Murray River salt and Indian black salt, should be used to season cooked food rather than before cooking. They have subtly different flavours depending on the minerals they contain.



BLACK PEPPERCORNS

If you use a lot of pepper, buy it in large bags and use within a year. Tellicherry peppercorns are a speciality variety from India that are larger and less hot than regular, with a more nuanced flavour. Kampot peppercorns, from Cambodia, are prized for their citrusy overtones. Cubeb peppercorns (above) are grown in Java and Sumatra, and are harvested with their stalks ('tails') – they are not too hot, and nutmeg-like in flavour.



SPECIALITY PEPPERS

Many different spices with peppery characteristics are called pepper – their country of origin suggests how to use them. Sansho pepper (above, from Japan) is good in terikyaki; voatsiperifery (Madagascar) is a gingery pepper, suitable for African dishes; sarawak (from Borneo) works in Malaysian cooking; and espelette (from the Basque country) is an essential finishing touch for the egg dish piperade.



COLOURED PEPPERCORNS

White peppercorns are more pungent and one-dimensional than their black counterparts. Green peppercorns are the unripe form of black peppercorns, with a subtler, fresher, more complex character than black, and a distinct herby flavour. You can buy them in brine or pickled, and they are particularly suited to making peppercorn sauces for beef and duck. Pink peppercorns add a slightly bitter note to dishes, and are suited to Asian dishes and exotic salads.



OTHERS INCLUDE...

Long pepper A dried pod (above) to grate over Indian and Indonesian food – hot, sweet and spicy.

Sichuan pepper A mouth-numbing pepper used in Chinese and Indian cuisine, with a hint of aniseed.

Tasmanian pepper Ten times as hot as regular pepper.

Grains of paradise A seed from Africa with a hot, lemony flavour, used in exotic dishes and Norwegian akvavit.

PEPPER is perhaps the most important of all spices – traditionally known as the 'king of spices', it was one of the first foods to be traded globally.

Black and white peppercorns come from the same plant, and both can be used for seasoning, but black pepper is more aromatic than white, which is slightly hotter. Native to India, most of the world's pepper now comes from Vietnam.

FOR THE BEST FLAVOUR

- Pepper is generally best added at the very last stage of cooking. Whenever possible, grind whole peppercorns fresh as and when you need it, using either a mill or a pestle and mortar.
- Ground pepper loses its flavour quickly, so use within three months.
- Rock salt will grind better than flaky salt, which can be too wet.
- Crushgrind mills (about Dhs150) have a ceramic mortar mechanism, which the makers claim will last a lifetime.

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Midweek meals

Cook something new with our simple, costed recipes

recipes JENNIFER JOYCE photographs MIKE ENGLISH

Sausage, kale & chilli pasta

SERVES 4 **PREP** 10 mins

COOK 25 mins **EASY** 

3 tbsp olive oil
250g pork sausages, skins removed, broken into pieces
2 tsp fennel seeds
3 garlic cloves, thinly sliced
1 large red chilli, sliced
1 lemon, zested and juiced
150g cherry tomatoes

400g short pasta, such as orecchiette, farfalle or conchiglie
150g chopped curly kale
75g grated parmesan

1 Bring a large saucepan of water to the boil. Meanwhile, heat 1 tsp oil in a large frying pan. Brown the sausage with the fennel seeds on a medium heat for 6-7 mins until golden, then set aside.

2 Heat the remaining oil in the same pan, add the garlic and chilli, and cook on a medium heat for 2 mins or until golden. Add the lemon juice and tomatoes, cook for 2 mins, then remove from the heat.


3 Boil the pasta following pack instructions until al dente. Add the kale for the final 2 mins of cooking. Drain, saving the cooking liquid, then put the pasta and kale back in the saucepan to keep warm. Add about 100ml cooking liquid to the tomatoes. Heat up, pour over the pasta and toss together with the sausage, lemon zest and half the parmesan. Serve in bowls with the remaining parmesan sprinkled over.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day

PER SERVING 771 kcal • fat 31g • saturates 11g • carbs 89g • sugars 6g • fibre 5g • protein 31g • salt 1.1g

crowd-pleaser

Burrito bowl with chipotle black beans

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY** 

125g basmati rice
1 tbsp olive oil
2 garlic cloves, chopped
400g can black beans, drained
and rinsed
1 tbsp cider vinegar
1 tsp honey
1 tbsp chipotle paste
100g chopped curly kale
1 avocado, halved and sliced

1 medium tomato, chopped
1 small red onion, chopped
To serve (optional)
chipotle hot sauce
coriander leaves
lime wedges

1 Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.

2 Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like.

GOOD TO KNOW healthy • fibre • vit c •
3 of 5-a-day • gluten free
PER SERVING 573 kcals • fat 21g •
saturates 4g • carbs 72g •
sugars 7g • fibre 15g •
protein 16g • salt 0.8g



gluten free



something different



Ham & cheese Dutch baby pancake

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY**

3 large eggs
125ml full-fat milk
100g plain flour
2 tbsp melted butter
1 tbsp Dijon mustard, plus 2 tsp
100g Tenderstem broccoli
70g Comté or Gruyère, grated
50g wafer-thin ham, torn into pieces
100ml crème fraîche, to serve

1 Heat oven to 240C/220C fan/gas 9. Put a large, ovenproof frying pan or two smaller pans in the oven to heat. In a food processor, whizz the eggs, milk, flour, 1 tbsp of the melted butter, 1 tbsp mustard and a pinch of salt. Leave to stand for 10 mins.
2 Meanwhile, cook the broccoli in boiling water for 2 mins, then drain and rinse in cold water. Remove the pan from the oven and pour in the remaining butter, then the batter. Cook for 20 mins until golden and puffed, adding the cheese, broccoli and ham for the final 2 mins of cooking. Stir 2 tsp mustard through the crème fraîche and serve alongside the pancake.

GOOD TO KNOW calcium • folate
PER SERVING 683 kcals • fat 39g • saturates 20g • carbs 45g • sugars 6g • fibre 3g • protein 37g • salt 3.3g

Spiced roast cauliflower with herby rice

SERVES 2 **PREP** 10 mins
COOK 30 mins **EASY**

1 cauliflower, broken into florets
2 red peppers, cut into chunky pieces
1 red onion, 1/2 quartered, 1/2 sliced
3 tbsp olive oil
1 tbsp ras el hanout
1 garlic clove, crushed
200ml vegan coconut yogurt (such as Coconut Collaborative or COYO)
125g basmati rice
400ml vegan vegetable stock (such as Marigold Vegan Bouillon Powder)
small pack coriander, chopped
pomegranate seeds, to serve

1 Heat oven to 200C/180C fan/gas 6. Spread out the cauliflower, peppers and onion quarters on

a very large baking tray. Drizzle with 2 tbsp olive oil and sprinkle with the ras el hanout. Toss together, season and roast for 30 mins.

2 Meanwhile, stir the garlic into the yogurt and set aside. In a medium saucepan, heat the remaining oil. Add the sliced onion, season and fry for 5 mins. Add the rice and coat well in the oil. Pour over vegetable stock so that it covers it by about 2cm. Bring to the boil, then turn down to the lowest heat and cover with a lid. Check after 5 mins and add most of the coriander. Cook for 4 mins more until al dente.

3 Remove from the heat and let it sit with the lid on for 10 mins. Serve the roasted vegetables with the rice, remaining coriander, the pomegranate seeds and the yogurt sauce to share.

GOOD TO KNOW vegan • folate • fibre • vit c • 3 of 5-a-day

PER SERVING 745 kcals • fat 38g • saturates 20g • carbs 78g • sugars 20g • fibre 12g • protein 16g • salt 0.8g





3 of your 5-a-day



vegan

Miso roasted tofu with sweet potato

Miso and mirin are available in many supermarkets; both will keep well for some time.

SERVES 2 **PREP** 15 mins
COOK 30 mins **EASY V**

400g firm tofu, drained
100g fine green beans
2 tbsp vegetable oil
2 tbsp black or white sesame seeds, toasted
2 large sweet potatoes
2 spring onions, finely sliced

For the dressing

3 tbsp white miso (if you can't find it, use 2 tbsp brown miso paste)
3 tbsp mirin
3 tbsp lime juice

1 Heat oven to 200C/180C fan/gas 6. Wrap the tofu in kitchen paper, place in a shallow dish and put a heavy plate on top to help squeeze

out the water. When the paper is wet, replace with another wrapping and weigh down again. Chop the tofu into medium cubes (about 2.5cm). In a small bowl, mix the dressing together with a whisk.

2 Boil the beans for 1 min, then drain, rinse in cold water and set aside. Line a baking tray with parchment, spread out the tofu and pour over half the dressing. Sprinkle the sesame seeds on top and mix well. Bake for 20-25 mins until golden and crisp. Meanwhile, cut the sweet potatoes in half, place in a bowl, cover with cling film and microwave for 10-15 mins until very soft.

3 Mash the sweet potato and serve in bowls with the tofu, green beans, the dressing poured over and some spring onions sprinkled on top.

GOOD TO KNOW vegan • calcium • fibre • vit c •
2 of 5-a-day

PER SERVING 628 kJals • fat 24g • saturates 4g •
carbs 72g • sugars 41g • fibre 12g • protein 25g • salt 0.2g

Lemon pepper steaks with hazelnut salsa verde

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY** 🍴

1 large celeriac, peeled and cut into finger-sized chips
4 tbsp olive oil
2 bavette, sirloin or rump steaks (about 150g each)
2 lemons, zested
small pack flat-leaf parsley, chopped
1 tbsp small capers
1 small shallot, finely chopped
½ garlic clove, finely chopped
1 tbsp red wine vinegar
2 tbsp hazelnuts, toasted and chopped

1 Heat oven to 200C/180C/gas 6. Toss the celeriac chips in 1 tbsp oil and tip them onto a large baking tray. Season and roast for 35 mins or until soft and golden around the edges. Brush the steaks with 1 tsp oil and sprinkle the lemon zest and



treat for two

some cracked black pepper liberally on both sides. Leave to marinate while you make the sauce.

2 Mix the parsley, capers, shallot, garlic, vinegar, hazelnuts and the remaining oil in a small bowl.

3 Heat a griddle or frying pan and cook the steaks for 2-3 mins each

side if thick (1-2 mins for thin steaks). Rest, wrapped in foil, for 5 mins, then slice. Serve the steaks with the sauce and roasted celeriac.

GOOD TO KNOW folate • fibre • vit c • iron •

1 of 5-a-day • gluten free

PER SERVING 578 kcal • fat 39g • saturates 6g •
carbs 8g • sugars 6g • fibre 16g • protein 40g • salt 1.1g

Spanish chicken stew

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** 🍴

2 tbsp olive oil
500g boneless and skinless chicken thighs
1 red pepper, cut into chunky pieces
1 large onion, sliced
2 garlic cloves, chopped
1 tbsp white wine vinegar
1 tbsp smoked paprika
400ml chicken stock
large handful black olives (such as cougillo)
50g flaked almonds, toasted
cooked rice or crusty bread, to serve

1 In a large saucepan, heat 1 tbsp of the oil. Season the chicken and brown on both sides for 7-8 mins until golden, then set aside on a plate. Put the remaining 1 tbsp oil in the pan with the pepper, onion and garlic. Fry on a medium heat for 8 mins or until slightly golden. Add the vinegar and cook for 1 min.

2 Return the chicken to the pan with the paprika and stock. Bring to the boil, then turn down to simmer for 25 mins until the chicken is cooked through. Add the olives and almonds, and serve with rice or crusty bread.

GOOD TO KNOW healthy • vit c • 1 of 5-a-day

PER SERVING 329 kcal • fat 17g • saturates 3g •
carbs 8g • sugars 6g • fibre 4g • protein 34g • salt 0.7g

one-pot





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MasterChef makeover

Chicken noodle soup

This month, BBC *MasterChef* judge **John Torode** serves up an aromatic revamp of a favourite *Good Food* comfort soup

photograph TOM REGISTER



Good Food contributing editor John Torode, the chef, food writer and TV presenter, has been a judge on BBC One's *MasterChef* for 11 years. Each month he reinvents one of the most popular recipes from our website. [@JohnTorode1](#)



If you've tried our original Chicken noodle soup (bbcgoodfoodme.com/chicken-noodle-soup), why not give John's version a go and see which you prefer – and let us know. Find more of John's recipes at bbcgoodfoodme.com.



When I think chicken noodle soup, my culinary brain is always transported to Eastern Europe, where chicken soup is both a medicinal and celebratory dish. Great Asian noodle broths are different to stocks. They are not boiled, but are instead gently infused, releasing the flavour of all the aromatics – similar to making a proper pot of tea.

I love Asian noodles, so I've taken the liberty of using oodles of them. Make double the amount if you can, because it's great heated up at this time of year for the kids after school – and because it's chicken soup, it's simply so good for you.

Asian chicken noodle soup

This is more noodles and less soup, the way they do it in Asia. The broth should be strong and steaming hot.

SERVES 6 PREP 20 mins
COOK 15 mins EASY

4 skinless and boneless chicken breasts
60ml sake (if you don't have sake, use vodka)
thumb-sized piece ginger, peeled and sliced into matchsticks
3 spring onions, finely sliced on the

diagonal, and white and green parts separated
150ml soy sauce
4 tsp sesame oil
2 garlic cloves, grated
600g thick white noodles (such as udon)
2 large long red Serrano chillies, seeds left in and sliced on the diagonal
1 large egg, beaten
small pack coriander
2 tbsp toasted sesame seeds
seaweed flakes, to serve (optional)

- 1 Slice the chicken breasts into strips about 1cm wide and the full length of the breast. Briefly marinate the chicken in the sake and leave to one side for a few mins.
- 2 Mix the ginger with the whites of the spring onions, soy sauce, sesame oil and garlic.
- 3 Put 2 litres of water in a saucepan and bring to the boil. Pour in the ginger soy mixture, reduce the heat and cook just below a simmer for 5 mins.
- 4 Add the chicken and sake mix, noodles and chillies to the stock and turn the heat up. As soon as the broth comes to the boil, turn off the heat. Slowly pour the egg into the broth, stirring all the time. Add the green parts of the spring onions and stir through. Leave to sit for 2 mins.
- 5 Ladle the soup evenly into six bowls. Sprinkle with the toasted sesame seeds and coriander, with a few seaweed flakes, if you like.

GOOD TO KNOW low fat • low cal
PER SERVING 297 kcals • fat 6g • saturates 1g • carbs 29g • sugars 5g • fibre 3g • protein 28g • salt 3.8g



Family travel

Atlantic Canada

World-class seafood, ultra-local farmers' markets and excellent ice cream, plus a multitude of family activities make this an ideal summer holiday destination

words LULU GRIMES





Charlottetown,
Prince Edward Island



Domaine de Grand Pré



You can go whale-watching
off the Atlantic coast

Nova Scotia, New Brunswick and Prince Edward Island (PEI) may ring more of bell than the catch-all moniker of Atlantic Canada, particularly if you're a *Titanic* buff or spent your childhood reading *Anne of Green Gables*. Whether you've any prior knowledge or not, Atlantic Canada makes a fabulous foodie family holiday. Miles of coastline with sparkingly clear, cold water are home to lobsters, mussels, oysters, clams, scallops and, of course, fish. PEI, with its rolling picturesque farmland, is a mass producer of potatoes, and there are orchards and vineyards in Nova Scotia.

As well as eating, there are adventure sports to be tried, extraordinary natural phenomenon to watch (such as the tidal bore wave in the Bay of Fundy), and wildlife to be spotted everywhere, from whales and bald eagles to tiny crabs and sea anemones. However, I should admit that we failed to spot a single moose, unless it was stuffed.

The ideal window for visiting is from June, when it's sunny but still fairly chilly, through to the spectacular autumn in September-October. For whale-watching, July to October is a safe bet and, if icebergs are your thing, consult icebergfinder.com to get the latest locations before booking.

Once you've picked up a hire car, the roads are wide and – compared to Dubai – exhilaratingly empty. Even in August, it's amazingly tranquil. Make a loop of the following destinations and you'll cover a lot of ground.

Nova Scotia

Fly directly to Halifax, the capital of Nova Scotia, and prepare to be regaled with sunny enthusiasm about two tragedies that have had enormous impact on the town. Halifax is where the rescue boats for the *Titanic* raced back to in 1912, carrying both survivors and those less fortunate. Then, five years later, an enormous explosion ripped apart the harbour and killed thousands. Walk along the waterfront, stopping at the maritime museum – *Titanic* and Halifax exhibits, of course (maritimemuseum.novascotia.ca) – before picking up a tray of poutine: chips, cheese curds and gravy, a Canadian comfort food speciality, or homemade ice cream from the street kiosks nearby.

Stop at the Halifax Distilling Company (halifaxdistillingco.ca) to try some JD Shore spiced rum (children can come too). Julie Shore and Arla Johnson also own the PEI distillery, where they make vodka with potatoes. A trip on the noisy but fun amphibious Harbour Hopper

(mtcw.ca) will give you an overview of both the harbour, historic buildings and the city's immaculate hilltop fort.

Halifax Seaport Farmers' Market (halifaxfarmersmarket.com) operates Tuesday-Sunday on the harbour front. You can try local cheese, wine and produce, as well as baked goods. On Saturday mornings, visit the Historic Farmers' Market, set in a splendid 200-year-old building in Brewery Square (historicfarmersmarket.ca). Try the wild-fermented sauerkraut from Pickled Pink (@[picklebrine](https://twitter.com/picklebrine)), or small-batch baked goods from Gold Island Bakery (goldisland.ca).

From Halifax, head west for the rich farmland of Annapolis Valley, and Grand-Pré UNESCO World Heritage Site. Historically this area was Acadian (French), so this is wine country. Visit Domaine de Grand Pré to both taste and eat (see 'Where to eat'). Pretty Wolfville (wolfville.ca), on the Minas Basin, is home to a lively and ultra-local farmers' market (wolfvillefarmersmarket.ca), where you'll find heirloom fruit and veg with names such as 'peaches and cream' corn, plus small-batch maple syrup and fresh blueberries. Each October this uni town plays host to Devour!, a film festival devoted to food (devourfest.com). Stop at Hall's Harbour, a tiny fishing



Canadian comfort food, poutine



Chip Shack, PEI



Fundy National Park, New Brunswick



Halifax Seaport Farmers' Market



Street food in Nova Scotia



Local lobster

village, for a lunch and a 30-minute tour of the Lobster Pound (well worth the group cost of Dhs110). Not only will you see some enormous lobsters, you'll learn the party trick of being able to tell males from females. Choose a lobster from the tanks in the shop (sold by weight at market price), take it round to the cookhouse and it will reappear at your table, complete with trimmings (hallsharbourlobster.com).

New Brunswick

The three-hour ferry for New Brunswick leaves from Digby and lands you in historic Saint John, the only city on the Bay of Fundy. New Brunswick is officially a bilingual province, so you'll hear much more French spoken here. Head towards the Canadian border and you'll fetch up in Saint Andrews By-the-Sea. Water Street, in the picturesque harbour, is lined with cafés and shops, and whale-watching tours out of the jetty (see '5 ways', overleaf).

Turn the other way out of Saint John and you'll be driving towards Fundy National Park and Alma village. In the latter, take time to join the queue at Kelly's Bake Shop for a 'world famous sticky bun'. An Octopus' Garden is a quiet stop for a snack (good toasties), on the veranda at the back, while Tides Restaurant at

the Parkland Village Inn (parklandvillageinn.com) serves good seafood (try the scallops) with a view over the bay.

Shediac on the Northumberland Strait coast calls itself the 'lobster capital of the world', and has a stonkingly large lobster statue to ram the message home. Head over to Pointe-du-Chêne Wharf Road to visit baby lobsters at the Homarus Eco Centre (ecocentrehomarus.org), or take a bonkers Lobster Tales trip with Shediac Bay Cruises (lobstertales.ca) – the kids will adore it and you will learn how to crack and eat a lobster properly (if you think you know how, really, you don't). Barbecued chicken is available for non-lobster eaters (Dhs197 adults, Dhs137 under-12s).

Prince Edward Island

Drive over the impressive eight-mile-long Confederation Bridge (or the ferry) to this idyllic island of rolling green hills and farmland. Charlottetown, the birthplace of the Canadian Federation, is the capital, with a pretty, well-preserved centre. The harbour has been revitalised and there are lots of good restaurants, bars and cafés.

Take a Taste the Town walking tour to orientate yourself and pick up tips on where to eat. My guide was thorough, knowledgeable Paul Kelley, and we

whipped through Raspberry Point oyster tastings, drank Gahan blueberry ale and ate lobster tacos, mussels and hand-cut fries from the Chip Shack (experiencepei.ca/taste-the-town, Dhs146). The best coffee is to be found at The Kettle Black (kettleblackroastery.com), and you can't leave the island without eating lots of Cow's ice cream (cows.ca).

Where to eat

Halifax Dine at **The Five Fishermen** restaurant for some old-school Canadian charm. Originally an early 19th-century school, then a mortuary (*Titanic/explosion* again), this is now a fine-looking venue with a more casual grill serving burgers (Dhs36), fish & chips (Dhs41) and haddock tacos with pico de gallo (Dhs32) downstairs. Upstairs is a pricier restaurant – the seafood tagliatelle (Dhs96) is hand-rolled and finished with lobster stock (fivefishermen.com).

At the **Domaine de Grand Pré** winery restaurant, Le Caveau, sit outside under the arbour by candlelight and enjoy chef Jason Lynch's Eel Island & Cabot oysters with caper brine, local charcuterie and Martock Glen boar porchetta. With starters and small plates from Dhs32, this is fantastic value for the calibre of the food. Brunch is available on Sundays (grandprewines.ns.ca).

Saint Andrews Just outside town, overlooking Passamaquoddy Bay near the US border, the **Rossmount Inn** (rossmountinn.com), run by chef Chris Aerni and his wife Graziella, is a haven of calm beauty. The daily changing menu is based around what's locally available and what Aerni grows. Any dish made with heirloom tomatoes will be the best you ever ate, and the Bay of Fundy haddock with lemon butter, capers & chives is sublime. There isn't a children's menu, but they will adjust main dishes. With starters from Dhs25 and mains from Dhs50, this is spectacularly good value for precise dishes that extract maximum flavour from their ingredients.

Charlottetown Sims Corner is where to eat steak (from Dhs105), or the 'out of body experience' lobster mac 'n' cheese (Dhs96). The menu has a fantastic list of 'enhancers', so add a crab leg, smoky gouda crust or bone marrow to anything, if you fancy (simscorner.ca).

Brakish! on the harbour serves big bowls of mussels for Dhs41 (try blueberry beer and bacon), and has a convenient lawn with games where children can let off steam (brakish.com).

The Chowder House at Point Prim should be on your list for great views and top-notch food, including five types of chowder (from Dhs22), island cheddar panini (Dhs27) and lobster rolls (Dhs41) to choose from (chowderhousepei.com).

If you are heading home via the ferry, leave room for one final stop at **Wood Islands Seafood and Take Out**, where you can eat crabby patty while watching your vessel arrive (facebook.com/WoodIslandsSeafoodAndTakeout).

For more information visit tourismnewbrunswick.ca, novascotia.com and tourismpei.com.



Once you've picked up a hire car, the roads are wide and – compared to Dubai – exhilaratingly empty

Where to stay and how to get there

If you're taking the ferry from Nova Scotia to New Brunswick, **Digby Pines Golf Resort and Spa** is a good place to stop. Big rooms, a fantastic 1920s-style pool and views over the bay from the bar (rooms from Dhs289; digbypines.ca). In Saint Andrews, stay at the fabulous **Algonquin Resort** (there's a pool with water slide for the kids), which is

old-school, comfy and chic all at once, with a great breakfast (from Dhs495; algonquinresort.com).

The Great George in Charlottetown, PEI, comprises several beautifully restored old buildings. Freshly baked chocolate chip cookies appear in the lobby, there are board games to play and guests gather for drinks each evening (from Dhs587; thegreatgeorge.com).

5 ways to work up an appetite

Foraging for clams Join Jim Conohan to learn how to forage clams and oysters from the Boughton River, PEI, at low tide, eating as you go (Dhs252 adults, Dhs68 children; experiencepei.ca/beachcombersclamboil).

Whale watching Fundy Tide Runners in Saint Andrews will kit you out in flotation suits, give you a wildlife briefing and speed out to the whale feeding grounds in a Zodiac. You are almost guaranteed to find whales. We saw minke and finbacks (Dhs169 adults, Dhs123 children; zundytiderunners.com).

Walking on the sea bed Hopewell Rocks has one of the planet's highest tides (ranging from 10-14 metres). Ask guides for information, and if you spot Kevin Snair he'll show you flora and fauna as well as video clips of the tide rising (Dhs27 adults, Dhs18 children; thehopewellrocks.ca).

Tidal bore rafting If you fancy bouncing around in an inflatable over the Shubenacadie River's shallow, choppy waters and sliding around in mud, then I promise you will scream with laughter – but wear clothes and shoes you don't love (Dhs146 adults, Dhs169 children; raftingcanada.ca).

Sea kayaking Coastal kayaking is a great way to see wildlife and learn about the area. Fresh Air Adventure offers various packages – we took the four-hour option, perfect with a child (kids can go in double kayaks). A picnic will keep your energy up (Dhs192 adults, Dhs165 children; freshairadventure.com).

Arabic aromas

Our latest Food Club event at Miele's state-of-the-art Kitchen Gallery on Sheikh Zayed Road saw a keen group of foodies gather for a morning of gorgeous Turkish cuisine. The exclusive cooking demo, led by talented chef Colin Clague from the recently-opened RUYA Dubai, located at Grosvenor House, Dubai Marina. Chef Colin taught attendees how to whip up a three-course Arabic menu at home (recipes overleaf) – perfectly suited for enjoying at a dinner party, or during Ramadan this year. The seasoned chef demonstrated just how easy it is to create stunningly tasting dishes, that use fresh and nutritious ingredients available at all major supermarkets in the UAE. Why not give chef Colin's recipes a try? Or alternatively, pop into RUYA to check-out his flavoursome dishes for yourself!





TRY CHEF COLIN'S RECIPES AT HOME THIS RAMADAN!



Grilled lamb cutlets with smoked eggplant & tomato

This recipe serves a group of around 10

40 Welsh lamb cutlets, French trimmed
Maldon sea salt & black pepper, to taste

For tomato sauce

1400g San Marzano tomatoes (3 cans)
9g salt
50g extra virgin olive oil
1g garlic clove, germ removed, smashed to a paste

For the mint yoghurt

250g Turkish labnah
12g mint, chopped
3g coriander, chopped
Maldon sea salt & black pepper to taste
Half each lemon, juice only
3ml olive oil

1 For the tomato sauce; place the tomatoes in food mill with large holes. Shake out excess tomato juice about a pint. Mill the remaining tomato for total extraction, should be bit more than 1400g. Combine with remaining ingredients and whisk well.

2 For the eggplant; prick the eggplant once or twice with a skewer and place over the chargrill. Grill and turn once or twice for approx. 20 minutes or until the skin has blackened and flesh is soft, allow to cool.

3 When the eggplant is cool to handle, scrape the flesh from the skins, if there any thick ropes of seed discard with the skins, roughly chop with a knife, correct the seasoning with freshly ground salt and pepper.

4 For the mint yoghurt; mix all ingredients together and correct the seasoning.

5 To serve; season and grill the lamb cutlets to desire doneness, allow to rest. In an oven proof dish place the diced eggplant and lightly spoon over the tomato sauce, re-heat in the oven. When hot drizzle a little mint yoghurt, place the cooked lamb cutlets on top and garnish with a little olive oil and assorted greens and herbs.



Ezogelin corbasi, red lentils soup with minted chili butter

4g roasted garlic puree
1 white onion, finely chopped
20g unsalted butter
2½ tablespoon Turkish tomato paste
1tsp sweet paprika
200g red lentils, picked over and rinsed

40g fine bulgur wheat

1.2lt vegetables stock

Salt and freshly ground black pepper

For the garnish

Dried mint, to taste
Turkish chili flakes, to taste
Unsalted butter

1 Slowly soften the garlic and onion in the butter over a low heat until translucent.

2 Add the tomato paste and paprika and cook for 2 minutes, stirring. Then add the lentils, bulgur and stock.

3 Bring to the boil and simmer for 30 minutes, stirring occasionally to prevent sticking.

4 After about 20 minutes when the lentils and bulgur are just cooked remove some for the garnish later, carry on cooking remainder.

5 Once the lentils are soft and beginning to fall apart, take off the heat and blitz in a blender until fairly smooth. Taste for seasoning and add salt and pepper if necessary.

6 To serve pile some of the garnish into a mold in the center of the plate and garnish with some cresses, reheat the soup until boiling then and pour into an amphora vase (use gravy boat if you don't have one of these), heat the butter until foaming and add the dried mint and chili flakes in a serving jar.



Feta borek with zucchini and walnuts

6 phyllo dough sheets
15g flat leaf parsley, chopped
10g dill, chopped
60g carrots shredded, julienne
120g zucchini
4 eggs
300g feta cheese
Walnuts

1 Thaw phyllo dough. Roll out and cut into triangles. Set aside any scraps you have but don't throw away.

2 In a medium bowl, add the parsley, dill, carrot, zucchini, crumbled feta and egg yolk (reserve the egg white). Finely chop the extra phyllo dough and add in to mixture, stir to combine.

3 Fill each triangle with 1-2 spoon of feta mixture with a micro plane grate on the walnuts and roll up the dough like a cigar.

4 Glaze the outside with egg and secure each of the cigar borek by dipping into egg and folding over, fry the cigar borek in the oil until golden brown and crunchy at the ends.

5 Grate over some frozen feta and garnish with baby cresses and herbs.

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A TASTE OF NEW ZEALAND'S BEST

Ten professional chefs from kitchens across the UAE heat things up in SCAFA's kitchen, where they went head to head in a mystery box cook-off, to take home the title 'Taste New Zealand Chef of the Year 2017' and a gourmet trip to New Zealand



THE POULTRY HEAT



In April, we welcomed ten professional chefs from restaurants and hotels across the UAE at SCAFA (School of Culinary and Finishing Arts) in JLT, to battle it out in the Poultry Heat of Taste New Zealand's Chef of the Year Competition 2017. The 'mystery box' event challenged chefs with preparing a delicious meal using a minimum of three ingredients from a secret basket comprising the following ingredients: chicken breast, thigh, leg, veal stock and turkey bacon strips, supplied by Tegal and GreenMountFoods.

Made up of three live cooking heats – seafood, meat and poultry – the competition provides an opportunity for chefs to create dishes using a range of fresh New Zealand ingredients.

The judging panel for the Poultry Heat comprised industry leaders including chef

Darren Velvick of The Croft, chef Tristin Farmer from Marina Social, and *BBC Good Food Middle East's* editor, Sophie McCarrick.

From each heat, two winners will be selected by the judging panel. The top six finalists will then compete in a final later this year, with the winner crowned as Taste New Zealand 2017 champion at The Pro Chef Awards on November 6 during a glittering gala dinner at The Habtoor Grande Resort & Spa. The prize? A once in a lifetime return trip to New Zealand to experience the best of New Zealand's food and beverage first hand.

BBC Good Food Middle East would like to thank all ten chefs who participated in the Taste New Zealand Competition Poultry Heat! We look forward to revealing who the winner is in November – best of luck to everyone!

POULTRY HEAT WINNERS:

ROUND 1



Marwan Sardouk
Executive Chef, Bin Hendi Enterprise

ROUND 2



Bonny Gomes
Chef de Partie, Jumeirah Beach Hotel

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Where local meets luxury

Travelling to a remote Maldivian island, Emma Hodgson explores the local cuisine and the relationship between barefoot luxury and locally-sourced food

“You have to taste a culture to understand it”,
traveller and author

Deborah Cater once said. And for the Maldives - a nation comprised of 1,192 tiny islands in the middle of the Indian Ocean - the sentiment certainly rings true. Local Maldivian folklore stresses the dependence the remote nation has always had on its raw produce. According to the country's legends, thousands of years ago a sorcerer or 'fandita' cast a spell on the country saving the Maldivian people from famine by causing the first coconuts to grow out of the skulls of the deceased. Similarly, the country's other vital food source - yellowfin tuna - is said to have been brought to Maldivian shores by the country's great mythical hero Bodu Niyami



“If you want the best food, you look to what is readily and locally available.”

Kalēfanu a seafarer who travelled to the end of the earth to bring the valuable fish to the islands’ seas.

Fast-forward to the mid-20th century, and the Maldives quickly came into the international spotlight, when the first luxury hotels were built in the early 1970s. In the near-forty years since the first hotel was built, it’s not difficult to see why the Maldives holiday package has become so universally popular with the high-end clientele who can afford to travel there. Besides having the incredible picture-book golden beaches, clear blue ocean and five-star treatment, there is no exposure to ‘real’ life – the beach hagglers, fear of being mugged and all other nuances of normal travel are completely removed. To further the desert island fantasy, most Maldivian hotel resorts also operate on

something they call ‘island time’ – a fabricated time zone one hour ahead of the capital, Male, which is used to detangle guests further from their ordinary lives. Upon arrival, guests step straight through the looking glass, to their own personal paradise. Most islands operate a no-shoe policy upon arrival, with staff playing drums and offering refreshing fresh fruit welcome drinks.

On Halaveli, the resort island by Constance Hotels that *BBC Good Food Middle East* visited, the luxury was palpable. Entry level rooms on the island are swish individual villas on stilts over the ocean, each with their own private plunge pool and staircase down to the ocean, while the high-end accommodation includes several different two-storey villas, with a private three by five-metre pool and expansive gardens. For ultimate



relaxation, the island has its own ‘U-Spa’ offering up a five-star range of massages and facials. Like with any luxury service, it’s the small details that count, and at Halaveli’s spa the ‘small detail’ is the incredible glass floor beneath the treatment room, allowing guests to watch tropical sweetlip and bluestripe snapper fish swim by as they drift asleep during their massage.

Restaurants at Halaveli

The CEO of Constance, Jean-Jacques Vallet, is passionate about good wines, - something that is tangible across all Constance resorts which each have a wide and well thought out range of red, white and bubbly. The hotel’s cellar ranges from relatively unknown (but fantastic) vineyards such as Swartland in South Africa, to the highest

old world vintages (Halaveil’s head sommelier’s expertise is a testament to the hotel group’s investment). The same level of luxury extends to the high-end food offerings at the hotel. The hotel’s main all-day dining restaurant has a different themed night each day of the week, serving everything from Japanese wagyu beef to froi gras and escargot. Jing, Halaveli’s fine dining restaurant includes a

Speciality food highlights

- Maldivian yellowfin tuna and watermelon (Jing restaurant)
- Maldivian red snapper (Merru restaurant)
- Maldivian tuna curry and mashuni salad (Jahaz restaurant)
- Maldivian reef fish and sea urchin sushi (Kaika restaurant)
- Maldivian banana tart and coconut ice cream (Merru restaurant)

private back room, which allows guests to have a private dining party should they wish, while drinking the finest vintage French bubbly – indeed in this dining room you could be anywhere in the world.

It goes without saying that you're not going to find the best wagyu beef in the world, in a country over 1,300 miles off the Indian coast which in its five-thousand-year history has never reared beef. You can find a good steak at Halaveli and other Maldivian resorts – due to the five-star chefs and a regular stream of international imports. But like most countries, if you want the best food, you look to what is readily and locally available.

“We still serve food the Maldivian way,” says Tanveer Ahmeed, chef de cuisine of Jing restaurant. The key ingredients in Maldivian food are coconut, tuna and the scotch bonnet pepper. “The pepper is only for the more daring guests – it's far spicier than those available in neighbouring India or Sri Lanka”, says Ahmeed. Despite being one of the premium brands in the Maldives, Halaveli champions local ingredients. “If we want to serve tuna or red snapper on the menu one evening, we have to call up the local fisherman the night before, so his team can catch the fish in the morning, and boat them in to the hotel that afternoon,” he says. Keen to share his



enthusiasm with foodies visiting the island, Ahmeed also offers cooking classes for guests interested in learning to make Maldivian curry or ‘mas huni’ (a type of Maldivian salad served at breakfast time), while guests who want to catch their own supper, can join one of the daily traditional sunset fishing trips organised by the hotel.

Based on daily availability, the hotel's Merru beach restaurant serves up a mouth-watering range of fresh, locally-caught Maldivian seafood including lobster, yellowfin tuna, sea bass, jack fish, mahri mahri and red snapper. For dessert, there's also a delicious banana tart served with freshly made local coconut ice cream.

Equally, the best excursions on offer at Halaveli, bring you closer to traditional Maldivian life. There are daily snorkelling trips to the nearby reefs where you can swim alongside turtles, manta, whale sharks and occasionally dolphins.

The last afternoon *BBC Good Food Middle East* was on the island, a boat load of Maldivian tuna, was put on a truck: 12 yellowfin tuna lined up. That evening on the balcony of Jing restaurant, with views over the Indian Ocean, sting rays, manta and sharks swimming in the dim evening light beneath the restaurant, raw Maldivian tuna is served to the table with watermelon reduction. The simple, water reduction, and fresh flavour, from the fish the Maldivian fisherman caught that morning. Local and luxury at its best.

How to do it

Emirates (emirates.ae), FlyDubai (flydubai.com) and Etihad (etihad.com) fly twice daily from the UAE to Male, Maldives. Hotels organise boat and air transfers from Male to the resorts. For more information about staying at Halaveli visit their website (constancehotels.com).



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This month, get ready to experience Frankie's Italian Bar & Grill, a specialty restaurant created by Michelin Star Chef; Marco Pierre White and Frankie Dettori, the world famous jockey. You'll be spoilt for choice as their menu features over 80 different items which include traditional pasta's and pizza's as well as more innovative dishes such as truffle rice croquettes and eggplant roulade. Located on the ever popular and bustling JBR walk with a relaxed and cosy atmosphere in the restaurant, Frankie's also boasts a vibrant bar with live entertainment which you can enjoy before or after dining.

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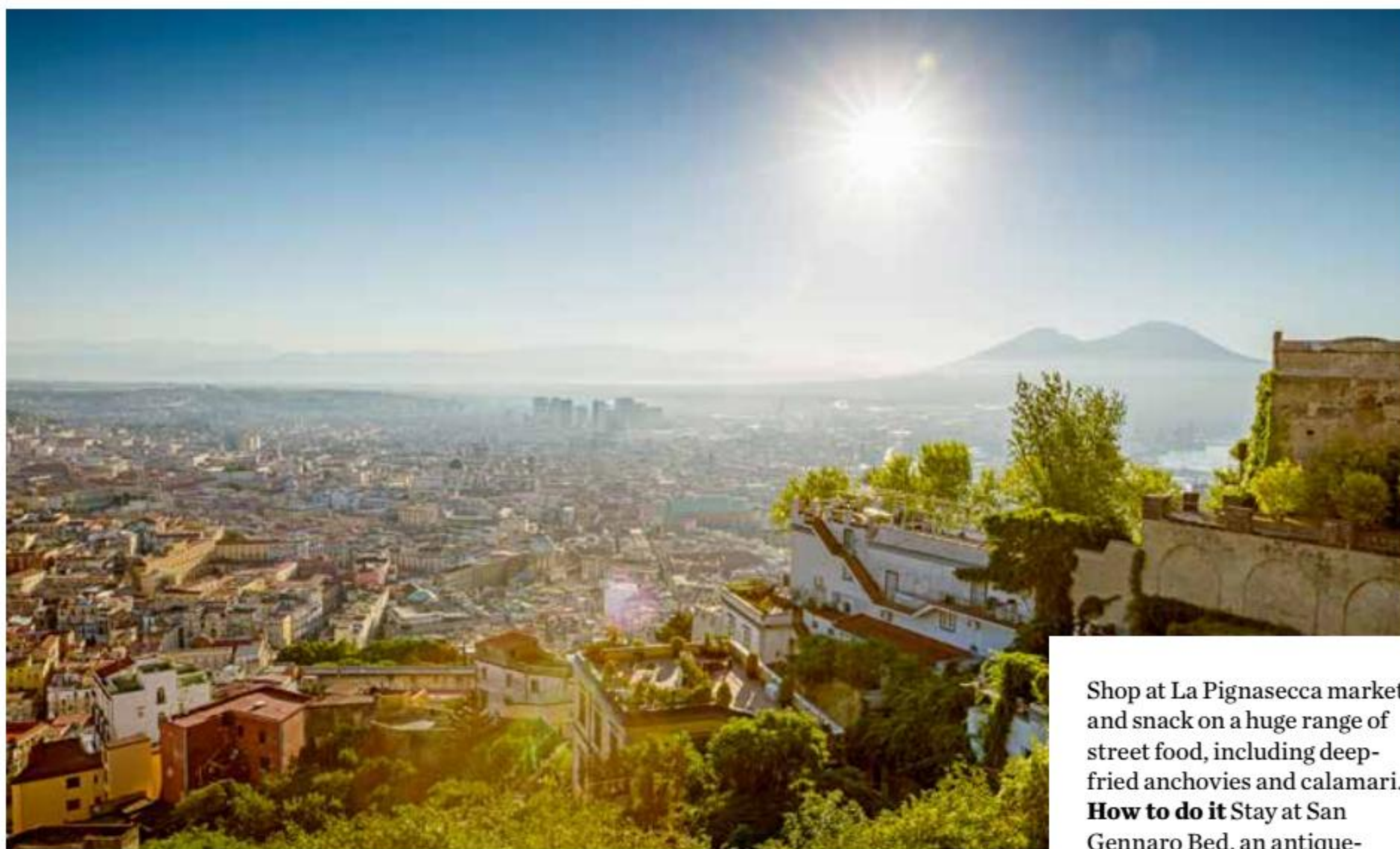
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SIX QUICK TRIPS

Foodie breaks on a budget

It's still possible to spend your money wisely and eat well on holiday. Here are six budget breaks that won't break the bank.



Best for **BREATH-taking VIEWS & PIZZA** **Naples, Italy**

Why go? Naples may be synonymous with pizza, but the rest of the city's cuisine, built on traditions of freshness and seasonality, is equally appealing and amazingly affordable. The city itself is noisy, vibrant and an assault on the senses, set against a breathtaking bay and views of Mount Vesuvius in the distance.

What to eat At Cibi Cotti

(facebook.com/cibicotti_nonnaanna) in the Mercatino Rionale Torretta, eat pumpkin lasagne followed by simmered meatballs for less than Dhs41. The mercatino has produce, fish and deli stalls if you're taking the self-catering route.

Budget-conscious diners can feast on savoury potato casserole, ragu-drenched pasta, and marinated veg at Osteria Donna Teresa (Via Kerbaker 58), a tiny family-run operation in Chiaia.



Pizza is sold from stalls and folded for eating on the fly. For seated service, try Da Attilio (pizzeriaattilio.jimdo.com) in La Pignasecca, devoted to baking some of the finest thick-rimmed pizza in town.

Shop at La Pignasecca market and snack on a huge range of street food, including deep-fried anchovies and calamari.

How to do it Stay at San Gennaro Bed, an antique-embellished B&B set in a 16th-century palazzo on Via dei Tribunali, in the heart of historic Naples, from Dhs243 a night (sangennarobed.com).

Katie Parla





Best for **SEAFOOD & ISLANDS** Split, Croatia

Why go? Everyone seems to be singing Croatia's praises these days, and Split, the lesser-known Roman port city on the Adriatic, is where foodies looking for a great-value break should head.

What to eat The residential, hillside Varoš district is a find for atmospheric, affordable tavernas. Try stalwart Konoba Varoš (konobavaros.com), for its signature calamari with indulgent garlic mayo.

For just-caught, grilled fish and spreads of shellfish that challenge English translation, book ahead for one of a dozen tables at Konoba Matejuška (konobamatejuska.hr), in a 19th-century house just off the seafront.

Picnics on the beach are a boon for foodies. Buy tangy, green olive tapenade at Uje (uje.hr) in the old town – this smart, olive-oil-focused outfit also owns a great tapas restaurant nearby.

Then stock up on sun-ripened provisions in Pazar Market, elegantly piled up against the crumbling walls of the Roman Diocletian's Palace. Highlights here include homemade salamis, jars of heady amber honey, and smallholder's crops



of olives, almonds and ink-black cherries, plus peppery-pungent sheep's cheese from the island of Pag. For giant wheels of crusty sourdough, pop just behind the fish market to Kruščić, an artisan bakery with a fanatical following.

How to do it The best deals are rental apartments, via the likes of Airbnb. You'll also get a good deal at the Dioklecijan Hotel & Residence (hotel-dioklecijan.com), which has a rooftop, sea-view pool, and generous buffet breakfast included – Dhs322 for a double.

Sarah Barrell



Best for **CLASSIC DISHES & LOCAL WINES**

Athens, Greece

Why go? Never has there been a better time to visit Greece's first city. Don't be fooled by its recent economic challenges. If anything, it's as if Athenians have woken up, looked around and realised what a show-stopping city they live in.

What to eat Fuelled by a spirit of enterprise and filoxenia (hospitality), new restaurants, bars, galleries, food and beauty brands spring up daily in this extraordinary city.

Greek food is made for sharing. Break bread over tzatziki, spicy feta spread and a selection of grilled meats at value-for-money Kalamaki Bar (Dimitrakopoulou & Drakou 15). For a modern take on Greek cuisine mixed with comfort classics that won't break the bank, head to Pangrati and sit beneath the orange trees at To Mavro Provato (tomauprovato.gr). It's popular, so book to sample stuffed courgette blossoms, lamb in parchment, aubergine salad



and a wide range of ouzo and raki. To shop for food to eat or bring home, head to Kolonaki, where lifestyle store Yoleni's (yolenis.com) has curated food products including cheese, honey, cured meats and organic oils from Greek suppliers over four floors. It also has a wine-tasting department hosted by oenologists Botilia, so you can sip your way around a selection of Greek island wines without leaving land.

For traditional food shopping, visit the Dimotiki Agora on Athinas Street to buy meat, fish, vegetables and a world-class selection of olives.

How to do it Nestled in the foothill of the Parthenon, neoclassical guesthouse Alice Inn Athens has beautiful boutique-style rooms & suites from Dhs200 - 400 (winter) to Dhs400 - 800 (summer) per night (aliceinnathens.com).

Kate Monro





Best for
**MARKETS &
NEIGHBOURHOOD
RESTAURANTS**
Lisbon, Portugal

Why go? The trick to Lisbon on a budget is keeping it simple. Public transport is cheap, but the city is small enough for you to walk almost everywhere.

What to eat For meals on a budget, *tascas* are the thing to look out for. These simple, local restaurants are everywhere. Don't judge by appearances, they can be

ugly from the outside, but the food is good, plentiful and cheap.

Try an *alheira* (a smoked, breaded sausage) or *bacalhau à lagareiro* (salt cod baked in olive oil). To keep going during the day, *cafés* and snack bars can be found on almost every street. Coffee is never more than Dhs3 for an espresso, and cakes and sandwiches are good value and filling.

In any restaurant, cheap or expensive, beware the *couvert*. It might be olives, *pâtés*, cheeses or hams, and



can add considerably to your bill. Just say no – it is always okay to ask to have them taken away. It is also always acceptable to share a dish – say '*é para dividir*' – and you can ask for '*água da torneira*' for tap water.

If you are self-catering, shop in markets for fresh produce. If you are on the west side of Av Liberdade, visit Mercado da Ribeira in Cais do Sodré, or, to the east, Mercado de 31 de Janeiro in Picoas, and get there before midday.

For the 'Top 10 foods to try in Lisbon', visit bbcgoodfood.com/howto/guide/top-10-things-eat-lisbon.

How to do it House rentals away from the centre can work out quite cheaply, especially if sharing with friends – check Airbnb and similar sites for bargain accommodation.

Lucy Pepper



Best for
**UNDERGROUND
BARS & GOULASH**
Budapest, Hungary

Why go? Try a piquant bowl of goulash in its spiritual home before cleansing your palate in Mazel Tov (mazelto.hu) or one of Budapest's other 'ruin bars' (set up in abandoned buildings). Make reservations at Borkonyha (borkonyha.hu) or Tanti (tanti.hu) for affordable upscale dishes.

What to eat A popular snack is *lángos*: garlicky, deep-fried flatbread topped with soured cream and grated cheese. Try it from one of the food stalls beneath the lofty iron framework of the Central Market Hall. Duck goulash, a main at Borkonyha, costs less than Dhs55.





Goulash soup features at Kiosk (kiosk-budapest.com), a fashionable bar-restaurant within the former University Theatre. Tanti's three-course lunch menu is less than Dhs59.

Try Hungarian wines before buying at Culti Vini (cultivini.com). For something a little stronger, purchase a 'medicinal' bottle of Unicum, an intense herbal liqueur, or pálinka, Hungary's ubiquitous fruit brandy.

Hand luggage only? Then buy kolbász, sausage seasoned with garlic and paprika.



How to do it Three Corners Hotel Art (threecorners.com) is a modern, three-star property with 36 rooms on the Pest side of the Danube. A double costs from Dhs276 a night, including breakfast.
Stuart Forster



Best for
**HEARTY FOOD
& HISTORIC
BUILDINGS**
Kraków, Poland

Why go? From pierogi (filled dumplings) to zapiekanki (topped and grilled baguette slices), Polish food is cheap, flavoursome and accessible. There are plenty of places to pick up national and regional dishes while exploring Kraków's historic core.

What to eat If the idea of a sloppy sandwich oozing flavour and gravy makes your mouth water, get your hands around a maczanka, pork seasoned with paprika and garlic, then simmered until tender. The succulent meat is served in a lightly toasted roll and topped with lettuce, raw onion and pickles. Visit the Andrus Food Truck ([facebook.com/AndrusFoodTruck](https://www.facebook.com/AndrusFoodTruck)) and select



your toppings – it will set you back about Dhs11.

Pizza-like zapiekanki are available from hatches in the market hall at Plac Nowy in the city's Kazimierz quarter. At markets, look out for oscypek, smoked cheese made from sheep's milk in the Tatra Mountains and pressed into patterned shapes. And try obwarzanki, bagel-like rings of bread topped with poppy or sesame seeds, both sold from street carts.

How to do it A studio for two people at Lounge Apartments (loungeapartments.com) is just a 10-minute walk from the heart of Kraków's Old Town and costs Dhs160 a night.
Stuart Forster





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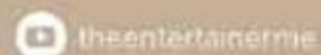
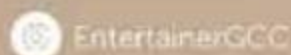
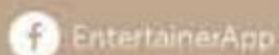
There's nothing better than a luxury meal, unless it's two luxury meals for the price of one. The Entertainer Fine Dining App gives you over 1,000 Buy One Get One Free offers in fine dining restaurants and upmarket bars across the city.



TheMeatCo



CRESCENDO



theentertainerme.com

test kitchen

Expert tips and reviews from **Barney Desmazery** to help you become a better cook

PICK THE PERFECT...

Masher

The ideal masher is metal so that it has weight. A perforated plate crushes what you are mashing up as it is forced through the holes and a lengthy handle makes light work of a deep pan of potatoes. This one (left) has all the essentials, plus the clever addition of a side scraper – great for making guacamole in a rounded bowl. *Jaime Oliver masher with silicone scraper*, Dhs60, amazon.co.uk



GADGET REVIEW

Himalayan salt block

These dusky pink slabs of ancient salt are the hot new kitchen gadget. You can cure, chill, freeze, cook and heat up food on them. The salt reacts differently with ingredients, depending on the temperature of the block and the length of time the food is in contact.

We tested three ways of cooking. At room temperature, cucumbers were cured to

perfection. When frozen, caramel brittle set and became agreeably salted. But when we heated the block in the oven, the steak we cooked on it stuck.

The pink block makes a sturdy presentation platter, and it's worth the price if you're an inquisitive cook, but you'll need space in your kitchen as it's 20 x 20cm, and weighs about 4kg. Dhs54 from muddle-me.com. Lakeland also stocks these blocks.

Francoise Faye

Coffee decoder

Don't know a latte from a flat white? The experts at independent specialist coffee shop Cable Co give us the lowdown (cableco.london)



RISTRETTO



SINGLE/DOUBLE/
TRIPLE ESPRESSO



SHORT BLACK



MACCHIATO



AMERICANO

add a dash of milk for a white Americano



ASK THE EXPERT

Q What's the difference between baking powder and bicarbonate of soda?

Edd Kimber, professional baker, author and former Great British Bake Off winner, says:

A Both are raising agents, but they work differently. Bicarbonate of soda (baking soda) needs to be used with an acidic ingredient to activate it, or it won't work and your cake won't rise. However, baking powder is made of baking soda plus cream of tartar, an acid it can react with when used in a recipe.

Some recipes use both baking powder and baking soda – this is simply because there isn't a strong enough acid to create the necessary lift, so the baking powder helps to trigger the soda. While you can substitute one for the other (and tweak your ingredients),

it's simpler to stick to what the recipe requires – and use measuring spoons for accuracy.

Also, make sure to keep both powders in a dry, cool spot – they lose their effectiveness if stored in a humid environment.

Self-raising flour is a mix of plain flour and baking powder, to make it more multi-purpose. You can make your own by adding 1½ tsp baking powder for every 150g plain flour.

Download Edd Kimber's food podcast, *Stir the Pot*, every fortnight from theboywhobakes.co.uk/stir-the-pot.

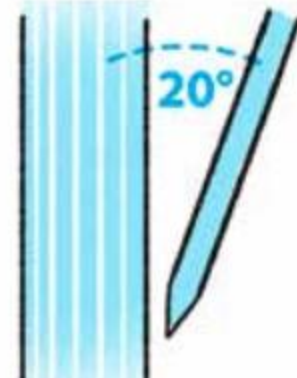
HOW TO...

Sharpen a knife with a steel

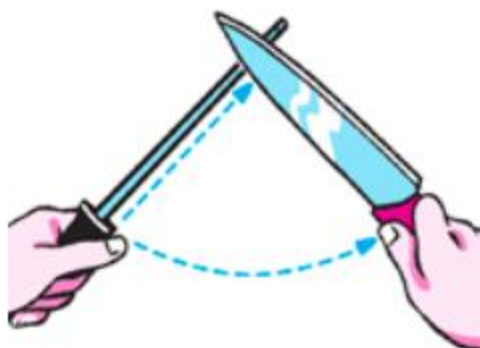
A sharp knife allows you to prepare food more safely. Ideally, try to use a steel before and after every time you chop



1 Place the heel of the knife against the bottom of the steel, with the blade facing away from you.



2 Lift the knife so it's at a 20-degree angle, with the blade touching the steel.



3 Applying a bit of pressure, draw the knife both away and along the length of the steel until the tip of the blade reaches the tip of the steel.



4 To sharpen the other side, put the knife underneath and repeat, angling the blade in the same way.

CHEF SWAPS

Crème fraîche for double cream

As both have 48% fat content, they behave in the same way when whisked or cooked. Crème fraîche has an acidic sourness that works well when making rich cream sauces, or as an accompaniment to desserts. It also makes a good replacement for soured cream, plus it has a longer shelf life. So if you want to buy just one cream, then fraîche is best.

Coffee decoder



PICCOLO



FLAT WHITE



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ICED COFFEE

YOUR WEEKEND CHALLENGE

Make marvellous marshmallows

Classic homemade marshmallows contain egg whites, which means they only keep for a few days. But with this method you get a much bouncier texture that lasts for a week.

Vanilla egg-free marshmallows

CUTS INTO 16 **PREP** 30 mins
plus 1 hr setting **COOK** 5 mins
MORE EFFORT

10 sheets of gelatine
500g white caster sugar
2 tbsp liquid glucose
1 tsp vanilla extract
oil, for the tin
50g each icing sugar and cornflour,
mixed together, for dusting

1 Separate the leaves of gelatine and put in a glass bowl. Pour over 150ml boiling water from a kettle and stir until the gelatine has completely dissolved – if it's not dissolving, give it 10-sec blasts in the microwave and stir until it does. Scrape the mixture into the bowl of a tabletop mixer with a whisk attachment.

2 Tip the sugar and glucose into a saucepan with 200ml water. Boil vigorously until the mixture reaches 127°C on a cooking thermometer.

3 When the syrup is up to temperature, turn down the whisk to a slowish beat, then slowly pour the gelatine mixture onto the egg, avoiding the beaters. Add the vanilla and whisk on high for 8 mins until the mixture is shiny white and holds its shape.

4 Lightly oil a 20 x 20cm tin. Use an oiled spatula to scrape the egg white mixture into the tin and lay a piece of cling film on top to press down on and flatten it out. Leave for at least 1 hr to set. Loosen the edges with a knife and dust a work surface with some of the icing sugar mixture. Turn the marshmallow onto the icing sugar and use a knife dipped in boiling water to cut into squares. Dust them with the rest of the icing sugar mix. *Will keep in an airtight container for up to one week.*

GOOD TO KNOW low fat • gluten free
PER SERVING 161 kcal • fat none • saturates none •
carbs 39g • sugars 35g • fibre none • protein 1g • salt none

Make them your own

- **Add a flavouring** Instead of vanilla, use peppermint or rosewater.
- **Fold food colouring** through the whipped mix for a rippled finish.
- **Tip half the mix** into the tin, scatter over fresh raspberries, then smooth over the rest.
- **Add sweet spices** like powdered cinnamon to the dusting.
- **Coat the squares** in desiccated coconut, or dip them in melted chocolate, and leave them to set.

Knife steel illustration GEORGE BLETSIS | Marshmallows photograph TOM REGESTER | Food styling BECKS WILKINSON | Styling FAYE WEARS



Know the jargon

A stain of milk Adding froth to a black coffee without any milk, as in a macchiato.

Cold brew A coffee that is slowly filtered using cold water for the flavour to develop, then serve black and cold.

Crema The rust-coloured layer of foam on an espresso.

V60 A filter coffee made with a single-cup 'dripper'.

STEP BY STEP

Pierogi

Olia Hercules shows us how to make the traditional Eastern European dumplings

photographs DAVID COTSWORTH



Food writer and stylist Olia, who was born in Ukraine, trained as a chef at Leiths School of Food and Wine before working at Ottolenghi. Her best-selling book *Mamushka* is a celebration of her culinary heritage, and she is now working on a book about the food of Georgia. Olia is also running a food photography gastro-break in France this June (biginfrance.com). @oliahercules @OliasGastronomy



'I really like Elisabeth Luard – it's worth seeking out her books if you haven't heard of her. And I really love Nigella Lawson for her strength of character and kindness – she's been really supportive of young female food writers.'

Pierogi

Variations on these dumplings are found all over Eastern Europe, with the fillings sometimes being a simple cheese curd or potato. They're mostly vegetarian, but that doesn't mean that meat isn't involved – often the dumplings are filled with the leftover vegetables that have been slow-cooked with meat. They can also be sweet. One of my favourite seasonal ways to cook them is filled with blackberries and lemon thyme.

SERVES 4 PREP 45 mins plus resting COOK 30 mins
A CHALLENGE V

For the filling

1 tbsp sunflower oil
2 shallots, finely chopped
150g sauerkraut, finely chopped
150g hispi (sweetheart) cabbage, shredded

For the dough

1 large egg, lightly beaten
½ tbsp vegetable oil
350g plain flour, plus extra for dusting

For the crispy shallots

vegetable oil, for frying
2 shallots, finely sliced
plain flour, for dusting

To serve

45g butter
60ml soured cream

1 First, make the crispy shallots. Heat the oil in a saucepan to 180C (a cube of bread will turn golden in 15 secs). Toss the shallots in a little flour and deep-fry for 1 min or until light golden and crispy. Drain on kitchen paper. *Can be made up to two days before and kept in an airtight container.*

2 To make the filling, heat the oil in a medium non-stick frying pan and gently fry the shallots for 10 mins until starting to turn golden.

3 Add the sauerkraut and cabbage, and cook for 5-10 mins until the cabbage has softened. Taste and add a little salt if under-seasoned,

or sugar if stringent. Scrape into a bowl and leave to cool completely.

4 To make the dough, mix the eggs and oil with 125ml water, then gradually add in the flour, mixing well with your hands. Knead it on a well-floured surface until the dough stops sticking to your hands. You should end up with firm, elastic dough. Wrap it in cling film and rest in the fridge for at least 30 mins, or overnight.

5 Flour your work surface generously. Roll out the dough to a 40cm circle or until the dough is as thick as £1 coin.

6 Using a 9cm cookie cutter, cut out discs in the dough – you should end up with about 25 discs. Do not throw away the off-cuts – we throw them in with the pierogi when boiling to minimise any waste.

7 Have a well-floured tray ready. Put 1 tsp of the filling into the centre of each disc. In your hand, fold in half around the filling and seal to create half-moon shapes. Put them on the floured tray, making sure they don't touch each other.

8 Bring a large saucepan of salted water to the boil and carefully lower the pierogi in. Boil them for 2 mins or until they float to the top.

9 Drain and serve with a knob of butter and some soured cream. Finish by sprinkling the crispy shallots on top to serve.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 403 kJ • fat 7g • saturates 1g • carbs 70g • sugars 3g • fibre 6g • protein 12g • salt 0.6g



Pierogi are excellent fried in butter the next day. Or, don't wait – just cool them down and fry them straight away.



Made Olia's pierogi? We'd love to see your photos – tag them on Instagram #bbcgoodfoodme and us @bbcgoodfoodmiddleeast





WIN!

**A 1-night stay at
Hili Rayhaan by
Rotana for 2, worth
Dhs5,000!**

A one-night stay at Hili Rayhaan by Rotana in a premium suite, inclusive of breakfast and dinner for two!

Hili Rayhaan by Rotana is the first hotel under the Rayhaan brand to open in Al Ain the garden city of the UAE, reflecting the essence of Arabic traditions. Conveniently located at Hili District, the heritage destination of the UAE, a stone throw away from Oman, Al Ain airport and an hour drive time from Abu Dhabi and Dubai.

Hili Rayhaan by Rotana offers 254 state of the art spacious rooms and suites in an alcohol free environment, a choice of 3 culinary offerings, Elements, an all-day restaurant offering international buffet for breakfast, lunch and dinner; Hili Majlis, a lobby lounge for informal get-togethers over coffee and light snacks and Sundeck Pool Café, the attractive pool

café which serves fresh juices and light snacks, Bodylines Leisure & Fitness Club with aerobic room, outdoor tennis court, outdoor swimming pool, children's playground and children's pool, steam, sauna and massage rooms. Meeting and conference facilities are an additional benefit the hotel can offer both guests and the local community.

Directly linked to Hili Rayhaan by Rotana, Hili Mall the newest shopping destination in the city with its iconic design combining heritage with modernity, lodges a wide variety of brands under its roof, which will surely add more zest to your stay.

The prize draw for a one-night stay for two at Hili Rayhaan by Rotana will be made at the end of May 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Where is Hili Majlis located? A) Lobby B) By the swimming pool C) Next to the tennis court

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OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.


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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

IFTAR FOR 3 AT RAMADAN BAZAAR IN SEASONAL TASTES, THE WESTIN DUBAI, AL HABTOOR CITY! WORTH DHS55

Gather with family and friends this Ramadan at Seasonal Tastes, The Westin Dubai, Al Habtoor City. The incredible traditional

buffet promises to offer the best of Arabic cuisine and special dishes made especially for the holy month. Moroccan lanterns, antique Arabic coffee pots and seasonal decorations create an authentic bazaar market feel. Mini Majlis will also be set up in all the private dining spaces, providing a cozy and private area to enjoy Iftar with family and friends. Iftar is priced at DHS185 per person, for children from 5 to 12 years old the price is DHS95, while children under 5 eat for free. From sunset to 11pm. T +971 44 355 577 | E AHC.Dining@Starwoodhotels.com | W www.westindubai.alhabtoorcitiy.com.



WIN!

FRIDAY BRUNCH FOR TWO AT TRAITEUR! WORTH DHS 1,550

Located on the water's edge of Park Hyatt Dubai Creek and marina, Traiteur at Park Hyatt Dubai offers a sophisticated waterfront dining experience with breathtaking views

overlooking the Creek. Feel the weekend brunch come to life with a live band complemented by classic beats with DJ Effy. The prize includes the champagne package for two members at the Friday Brunch.



WIN!

A VOUCHER FOR 4 TO LITTLE CHEF'S BRUNCH AT THE COVE ROTANA RESORT! WORTH DHS1,200

The lucky winner will receive a voucher for the Friday Brunch at Cinnamon Restaurant valid for four guests including selected house

beverages and access to the pools and beach.



WIN!

THE ENTERTAINER FINE DINING 2017 APP! WORTH DHS495

There's nothing better than a luxury meal, unless it's two luxury meals for the price of one! Packed with fantastic offers of Dubai's best restaurants, the Entertainer Fine Dining App has quickly become an essential for foodies in the region and now you have the chance to get your hands on it for free.

Featuring over 1,000 Buy One Get One Free offers, the Entertainer Fine Dining App opens the door to high end restaurants and up market bars, including renowned names such as Asia Asia, El Sur, The Meat Co. and Al Iwan in the Burj Al Arab. The 2017 version showcases amazing new inclusions such as Bread Street Kitchen & Bar, Yuan and Toko Dubai as well as over 500 Buy One Night Get One Free at hotels across the Middle East, Asia and Africa.



WIN!

LUNCH OR DINNER FOR 2 AT MARJAN MIDDLE EASTERN RESTAURANT! WORTH DHS800

Win a fantastic dinner or lunch for two in Waldorf Astoria Ras Al Khaimah's signature dining venue Marjan, inclusive

of soft beverages and a la carte options. Marjan is a fusion of tradition and quirkiness. Way up high on the 16th floor of Waldorf Astoria Ras al Khaimah a Middle Eastern speciality restaurant is decorated with elegant fabrics and furnishings and an eclectic display of modern Arabic art naturally separates the distinctive dining areas.



WIN!

1 OF 3 VOUCHERS FOR IFTAR FOR 2 AT MARRIOTT VENUES IN ABU DHABI AND DUBAI! WORTH DHS880

This Ramadan, get a chance to win complimentary Iftars at 3 distinctive Marriott venues in Abu Dhabi and Dubai.

Enjoy a blended spread of traditional and multi-cuisine at Khayal, Marriott Hotel Al Forsan, Abu Dhabi. Wander into an Arabian paradise with local selections at SOBO, Courtyard by Marriott Dubai Green Community. Soak in tempting delicacies and classics at Skye & Walker, Marriott Executive Apartments Dubai Creek. For an inspiring holy month, visit ramadanwithmarriott.com for more information.



WIN!

BE TREATED LIKE A ROCKSTAR AT HARD ROCK CAFÉ DUBAI WITH A DINING VOUCHER! WORTH DHS500

Hard Rock Cafe is one of the true icons of Dubai. Drop by and explore the World Burger Tour or sit back and chillax to the

sounds of our daily live bands. For those on the pre-holiday diet, our salads are legendary too. This is Hard Rock. Dubai Festival City Mall – 04-232-8900.



WIN!

A DINING VOUCHER FOR PEPPERMILL INDIAN DINING RESTAURANT! WORTH DHS500

A colonial Indian dining restaurant with inventive recipes and alluring flavours to stimulate the palate and gratify the

senses. Peppermill's specialty chefs craft wonderful dishes using only the freshest and highest quality ingredients available in the market. Well-known for its culinary magic of colonial Indian cuisine offering customers dishes and menus combining Indian ingredients with local and international produce. Locations: Al Wahda Mall, Eastern Mangroves Promenade, Bawabat Al Sharq Mall – Abu Dhabi, Dubai Festival City – Dubai.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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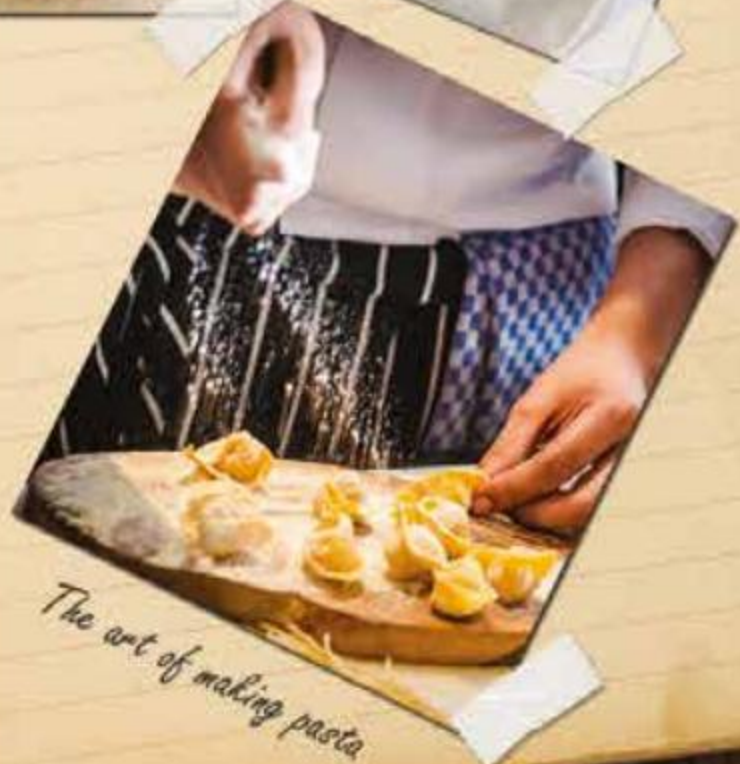
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There's always room for dessert



The art of making pasta

Experience an authentic coastal Italian feast every Sunday night at Positano. Enjoy an endless selection of antipasti, handmade pizzas, pastas and fresh seafood prepared at live cooking stations. For a dose of La Dolce Vita, indulge in our sumptuous Italian Dessert Room featuring classics such as panna cotta, gelato, cassata and other delicious sweet bites.

Festa Italiana - Sundays at Positano, from 6pm to midnight
AED 180 per person, including food and soft drinks

PASSIONATELY
ITALIAN

POSITANO

COASTAL ITALIAN

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